


MCPL. J.J.P. LEGAULT FITNESS & WELLNESS CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT & SUN
Military & Member Open Gymnasium 0900-1130	Military Lane swim 0700-0800	Military & Member Open Gymnasium 0900-1130	Military Lane Swim 0700-0800	Military & Member Open Gymnasium 0900-1130	Military & Member Open Gymnasium 0800-1000
Aquafit 0930-1030	FORCE Test 0900-1000	Aquafit 0930-1030	Military & Member Open Gymnasium 0900-1130	Aquafit 0930-1030	Public Open Gymnasium 1000-1745
Military & Member Lane Swim 1130-1300	Military & Member Lane Swim 1130-1300	Military & Member Lane Swim 1130-1300	Military & Member Lane Swim 1130-1300	Military & Member Lane Swim 1130-1300	Lane Swim 1230-1330
Strength & Conditioning 1200-1245	HIIT 1200-1245	Yoga 1200-1245	HIIT 1200-1245	FORCE Prep. 1200-1245	Public Swim 1345-1500
Military & Member Open Gymnasium 1300-1600	Military & Member Open Gymnasium 1300-1400	Military & Member Open Gymnasium 1300-1400	Military & Member Open Gymnasium 1300-1545	Military & Member Open Gymnasium 1300-1600	
Public Open Gymnasium 1600-2045	Military PT 1400-1600	Military PT 1400-1600	Military Basketball 1600-1730	Public Open Gymnasium 1600-2045 <i>*Kids Night Out may affect these hours; July 26 & August 30</i>	
Public Swim 1830-1930		Public Swim 1830-1930			
Lane Swim 1930-2030		Lane Swim 1930-2030			

****Schedule subject to change without notice.**

Active Military Only:
0600-0900HRS, Monday-Friday

**Weight & Cardio Room
Military, Veterans, DND Only:**
1200-1400HRS, Monday-Friday

Drop-in passes are available:
After 1600HRS, Monday-Friday
Anytime Saturday-Sunday



(705) 494-2011 ext. 2610



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