

FITNESS CLASSES

ESTEVAN LEISURE CENTRE
April 29 - June 30, 2017

MONDAY

9am - 10am
9:10am - 9:50am
10:10am - 10:50am
10:15am - 11am
11:30am - 12:15pm
7pm - 7:45pm

TWINGES & HINGES
TABATA
EASY STRETCH
MOM & BABY AQUAFIT
MOM & BABY STROLLER BOOTCAMP
AQUASTEP

TRACK
MULTI-PURPOSE ROOM
MULTI-PURPOSE ROOM
POOL
TRACK
POOL

TUESDAY

6:10am - 6:50am
9am - 10am
9:10am - 9:50am
5:30pm - 6:10pm
6pm - 6:45pm

SPIN*
TWINGES & HINGES
SPIN*
SPIN*
TABATA

SPIN BAR
POOL
SPIN BAR
SPIN BAR
MULTI-PURPOSE ROOM

WEDNESDAY

9am - 10am
9:10am - 9:50am
10:10am - 10:50am
10:15am - 11am
11:30am - 12:15pm
7pm - 7:45pm

TWINGES & HINGES
TABATA
EASY STRETCH
MOM & BABY AQUAFIT
MOM & BABY STROLLER BOOTCAMP
AQUASTEP

TRACK
MULTI-PURPOSE ROOM
MULTI-PURPOSE ROOM
POOL
TRACK
POOL

THURSDAY

6:10am - 6:50am
9am - 10am
9:10am - 9:50am
5:30pm - 6:10pm
6pm - 6:45pm
7pm - 7:45pm

SPIN*
TWINGES & HINGES
SPIN*
SPIN*
CIRCUIT
AQUASTEP

SPIN BAR
POOL
SPIN BAR
SPIN BAR
MULTI-PURPOSE ROOM
POOL

FRIDAY

9:10am - 9:50am

H.I.I.T.

MULTI-PURPOSE ROOM

SATURDAY

SUNDAY

8pm - 9pm

DEEP WATER FITNESS

POOL

CITY OF
Estevan LEISURE SERVICES

* you must pre-register for **SPIN** classes by calling 306-634-1888 or online at www.estevan.ca

Some classes may not run as scheduled due to demand, holidays, etc. Please call 306-634-1888 to confirm times.

701 Souris Avenue North | Estevan, SK | Tel: 306-634-1888 | www.estevan.ca



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