

FITNESS CLASSES

ESTEVAN LEISURE CENTRE
February 28 - April 28, 2017

MONDAY

9am - 10am	TWINGES & HINGES	TRACK
9:10am - 9:50am	TABATA	MULTI-PURPOSE ROOM
10:10am - 10:50am	EASY STRETCH	MULTI-PURPOSE ROOM
10:15am - 11am	MOM & BABY AQUAFIT	POOL
11:30am - 12:15pm	MOM & BABY STROLLER BOOTCAMP	TRACK
5:15pm - 6pm	AQUASTEP	POOL

TUESDAY

6:10am - 6:50am	SPIN*	SPIN BAR
9am - 10am	TWINGES & HINGES	POOL
9:10am - 9:50am	SPIN*	SPIN BAR
5:30pm - 6:10pm	SPIN*	SPIN BAR
6pm - 6:45pm	TABATA	MULTI-PURPOSE ROOM

WEDNESDAY

9am - 10am	TWINGES & HINGES	TRACK
9:10am - 9:50am	TABATA	MULTI-PURPOSE ROOM
10:10am - 10:50am	EASY STRETCH	MULTI-PURPOSE ROOM
10:15am - 11am	MOM & BABY AQUAFIT	POOL
11:30am - 12:15pm	MOM & BABY STROLLER BOOTCAMP	TRACK
5:15pm - 6pm	AQUASTEP	POOL

THURSDAY

6:10am - 6:50am	SPIN*	SPIN BAR
9am - 10am	TWINGES & HINGES	POOL
9:10am - 9:50am	SPIN*	SPIN BAR
5:15pm - 6pm	AQUASTEP	POOL
5:30pm - 6:10pm	SPIN*	SPIN BAR
6pm - 6:45pm	CIRCUIT	MULTI-PURPOSE ROOM

FRIDAY

9:10am - 9:50am	H.I.I.T.	MULTI-PURPOSE ROOM
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SATURDAY

SUNDAY

8pm - 9pm	DEEP WATER FITNESS	POOL
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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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