

FITNESS CLASSES

ESTEVAN LEISURE CENTRE
July 4 - September 1, 2017

MONDAY

9:10am - 9:50am
10:10am - 10:50am

TABATA
EASY STRETCH

MULTI-PURPOSE ROOM
MULTI-PURPOSE ROOM

TUESDAY

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

SPIN*
SPIN*

SPIN BAR
SPIN BAR

WEDNESDAY

9:10am - 9:50am
10:10am - 10:50am

TABATA
EASY STRETCH

MULTI-PURPOSE ROOM
MULTI-PURPOSE ROOM

THURSDAY

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

SPIN*
SPIN*

SPIN BAR
SPIN BAR

SUNDAY

8pm - 9pm

DEEP WATER FITNESS

POOL



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

WEIGHT ROOM

MONDAY

6:00am - 10:00pm

TUESDAY

6:00am - 9:00pm

WEDNESDAY

6:00am - 10:00pm

THURSDAY

6:00am - 9:00pm

FRIDAY

6:00am - 9:00pm

SATURDAY

9:00am - 9:00pm

SUNDAY

9:00am - 9:00pm

**TRY THE NEW
TRUE - ALPINE RUNNER
TREADMILL WITH A 30° INCLINE!**

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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