

# FITNESS CLASSES

ESTEVAN LEISURE CENTRE

November 1 - 30, 2017

<b>MONDAY</b>	9:10am - 9:50am	<b>TABATA</b>	MULTI-PURPOSE ROOM
	10:10am - 10:50am	<b>EASY STRETCH</b>	MULTI-PURPOSE ROOM
	5:15pm - 6:00pm	<b>TABATA</b>	MULTI-PURPOSE ROOM
	5:15pm - 6:00pm	<b>AQUAFIT</b>	POOL
<b>TUESDAY</b>	6:10am - 6:50am	<b>SPIN*</b>	SPIN BAR
	9:10am - 9:50am	<b>SPIN*</b>	SPIN BAR
	5:30pm - 6:10pm	<b>SPIN*</b>	SPIN BAR
<b>WEDNESDAY</b>	9:10am - 9:50am	<b>TABATA</b>	MULTI-PURPOSE ROOM
	10:00am - 10:45am	<b>MOM &amp; BABY/TOT STROLLER BOOTCAMP</b>	AFFINITY PLACE TRACK
	10:10am - 10:50am	<b>EASY STRETCH</b>	MULTI-PURPOSE ROOM
	5:15pm - 6:00pm	<b>CIRCUIT</b>	MULTI-PURPOSE ROOM
	5:15pm - 6:00pm	<b>AQUAFIT</b>	POOL
<b>THURSDAY</b>	6:10am - 6:50am	<b>SPIN*</b>	SPIN BAR
	9:10am - 9:50am	<b>SPIN*</b>	SPIN BAR
	5:30pm - 6:10pm	<b>SPIN*</b>	SPIN BAR
	5:15pm - 6:00pm	<b>AQUAFIT</b>	POOL
<b>FRIDAY</b>	9:10am - 9:50am	<b>H.I.I.T.</b>	MULTI-PURPOSE ROOM
<b>SUNDAY</b>	8:00pm - 8:45pm	<b>DEEP WATER FITNESS</b>	POOL

## WEIGHT ROOM

<b>MONDAY</b>	6:00am - 10:00pm	<b>FRIDAY</b>	6:00am - 9:00pm
<b>TUESDAY</b>	6:00am - 9:00pm	<b>SATURDAY</b>	9:00am - 9:00pm
<b>WEDNESDAY</b>	6:00am - 10:00pm	<b>SUNDAY</b>	9:00am - 9:00pm
<b>THURSDAY</b>	6:00am - 9:00pm		

\*To ensure a spot in **SPIN** classes pre-register by calling 306-634-1888 or at [www.estevan.ca](http://www.estevan.ca). If space is available, drop in may be available.

CITY OF  
*Estevan*  
LEISURE SERVICES

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](http://www.estevan.ca)

