

FITNESS CLASSES

ESTEVAN LEISURE CENTRE
October 2 - October 31, 2017

MONDAY	9:10am - 9:50am	TABATA	MULTI-PURPOSE ROOM
	10:10am - 10:50am	EASY STRETCH	MULTI-PURPOSE ROOM
	5:15pm - 6:00pm	TABATA	MULTI-PURPOSE ROOM
	5:15pm - 6:00pm	AQUAFIT	POOL

TUESDAY	6:10am - 6:50am	SPIN*	SPIN BAR
	9:10am - 9:50am	SPIN*	SPIN BAR
	5:30pm - 6:10pm	SPIN*	SPIN BAR

WEDNESDAY	9:10am - 9:50am	TABATA	MULTI-PURPOSE ROOM
	10:10am - 10:50am	EASY STRETCH	MULTI-PURPOSE ROOM
	5:15pm - 6:00pm	CIRCUIT	MULTI-PURPOSE ROOM
	5:15pm - 6:00pm	AQUAFIT	POOL

THURSDAY	6:10am - 6:50am	SPIN*	SPIN BAR
	9:10am - 9:50am	SPIN*	SPIN BAR
	5:30pm - 6:10pm	SPIN*	SPIN BAR
	5:15pm - 6:00pm	AQUAFIT	POOL

FRIDAY	9:10am - 9:50am	H.I.I.T.	MULTI-PURPOSE ROOM
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SUNDAY	8:00pm - 8:45pm	DEEP WATER FITNESS	POOL
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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

* To ensure a spot in **SPIN** classes pre-register by calling 306-634-1888 or at 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



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