

MACGREGOR RECREATION CENTRE- WEEKLY SCHEDULE-MARCH/APRIL 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	YIN YOGA 10:00-11:30 AM FAMILY MUSIC 10:30-11:00AM PAINTING CLASS 1:30-4:30 PM AGE FRIENDLY MOBILITY 1:45- 2:45PM BOXING 5:30-6:30 PM RESTORITIVE YOGA 7:00-8:30PM (LAST MONDAY OF THE MONTH ONLY)		STRETCH YOGA 10:00-11:30 AM PAINTING CLASS 1:30-4:30 PM YOUTH GROUP 6:00-9:00 PM	SHUFFLEBOARD 1:00-3:00 PM BOXING 5:30- 6:30 PM SPARKS & BROWNIES 6:30-8:00 PM SOILMATES MEETING 6:30 pm Once a month		YIN YOGA 10:00-11:30 AM YOUTH GROUP 6:00-9:00 PM

UPSTAIRS **DOWNSTAIRS**