

MACGREGOR RECREATION CENTRE- WEEKLY SCHEDULE-NOV/DEC 2020

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------------------|--|---------------------------------------|-----------------------------|---|---|---------------------------------------|
| | MORNING YOGA 10:00-11:00 AM | MM CLEANING 9:00-11:00AM | | | | |
| | | FAMILY MUSIC 10:30-11:00AM | | | MORNING YOGA 11:00-12:00 PM | MORNING YOGA 11:00-12:00 AM |
| PAINTING CLASS 1:30-4:30 PM | FOREVER FITNESS 1:45- 2:45PM | PAINTING CLASS 1:30-4:30 PM | | FOREVER FITNESS 12:45- 1:30PM | | MORNING YOGA 12:30-1:30 PM |
| | FOREVER FITNESS 3:00-4:00PM | | | FOREVER FITNESS 1:45- 2:45PM | BOXING - PRIVATES 2:30- 6:00 PM | |
| | BOXING/BOOTCAMP 5:00-6:00 PM | | | FOREVER FITNESS 3:00-4:00PM | | |
| | | YOGA 5:30-6:45 PM | YOGA 5:30-6:45 PM | BOXING/BOOTCAMP 5:00- 6:00 PM | | |

UPSTAIRS **DOWNSTAIRS**