

## MACGREGOR RECREATION CENTRE- WEEKLY SCHEDULE-JAN/FEB 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MORNING YOGA 10:00-11:00 AM	REC CLEANING 9:00-11:00 AM  FAMILY MUSIC 11:00-11:30 AM  SHUFFLEBOARD 1:00-3:00 PM	WELLNESS WEIGHT TRAINING 9:30-10:30 AM  PAINTING 1:30-4:30 PM  WEIGHT TRAINING 5:15-6:15 PM  YOUTH GROUP 6-9 PM		BALANCE, CORE & MORE 9:00-10:00 AM          FUNCTIONAL FIT 2:30-3:30 PM       BOXING 5:15-6:15 PM   JUDO 6:45-9:30PM	
	FUNCTIONAL FIT 2:30-3:30 PM			FUNCTIONAL FIT 2:30-3:30 PM		
	BOXING 5:15-6:15 PM	YOGA 5:30-6:45 PM		BOXING 5:15-6:15 PM		
	GIRL GUIDES 6:30-9:00 PM	JUDO 6:45-9:30PM		JUDO 6:45-9:30PM	YOUTH GROUP 6-9 PM	

UPSTAIRS DOWNSTAIRS