

MACGREGOR RECREATION CENTRE- WEEKLY SCHEDULE-MAR/APR 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	FUNCTIONAL FIT 2:30-3:30 PM BOXING 5:15-6:15 PM JUDO 6:45-9:30PM	BALANCE, CORE & MORE 9:00-10:00 AM YOUTH GROUP 6-9 PM	

UPSTAIRS DOWNSTAIRS