## MACGREGOR RECREATION CENTRE- WEEKLY SCHEDULE-MAR/APR 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MORNING YOGA	REC CLEANING	WELLNESS		BALANCE,	
	10:00-11:00 AM	9:00-11:00 AM	WEIGHT TRAINING		CORE & MORE	
		FAMILY MUSIC	9:30-10:30 AM		9:00-10:00 AM	
		11:00-11:30 AM	7.00 10.00 / IM			
			PAINTING			
		SHUFFLEBOARD	1:30-4:30 PM			
	FUNCTIONAL FIT	1:00-3:00 PM		FUNCTIONAL FIT		
	2:30-3:30 PM			2:30-3:30 PM		
			WEIGHT			
	BOXING	YOGA	TRAINING	BOXING		
	5:15-6:15 PM	5:00-6:00 PM	5:15-6:15 PM	5:15-6:15 PM		
	GIRL GUIDES	JUDO	YOUTH GROUP	JUDO	YOUTH GROUP	
	6:30-9:00 PM	6:45-9:30PM	6-9 PM	6:45-9:30PM	6-9 PM	
	5:15-6:15 PM  GIRL GUIDES	5:00-6:00 PM	TRAINING 5:15-6:15 PM  YOUTH GROUP	5:15-6:15 PM	YOUTH GROUP 6-9 PM	

UPSTAIRS DOWNSTAIRS