

ARK Adult Schedule Spring 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Pickleball 6:15-8:15 Gymnasium	Pickleball 6:15 - 8:15 Gymnasium Group Power 6:15 – 7:15 Studio	Pickleball 6:15 - 8:15 Gymnasium	Pickleball 6:15 - 8:15 Gymnasium	Pickleball 6:15 - 8:15 Gymnasium	Open Gym 7:00 - 8:45 Gymnasium	Badminton 8:30 - 11:45 Gymnasium
	Yoga 6:15 - 7:00 Studio	Cycle 6:15-7:00 Cycle Room	AquaFit 9:00-9:45 Pool	Cycle 6:15 - 7:00 Cycle Room	Group Centergy 6:15 - 7:15 Studio	Group Blast 9:00 - 10:00 Gymnasium	Cycle 9:00 - 9:45 Cycle Room
	AquaFit 9:00-9:45 Pool	AquaFit 9:00-9:45 Pool	MT Strength 9:30 - 10:15 Studio	AquaFit 9:00-9:45 Pool	AquaFit 9:00-9:45 Pool	Cycle 9:00 - 9:45 Cycle Room	
		Group Active 9:15 - 10:15 Gymnasium	Group Power 9:00 – 10:00 Gymnasium	Group Active 9:15 - 10:15 Gymnasium	Group Blast 9:15 - 10:15 Gymnasium	Group Power 10:30 - 11:30 Gymnasium	Group Active 10:30 - 11:30 Studio
	MT Strength 9:30 - 10:15 Studio	TRX 9:30 - 10:00 Wellness Centre	Group Power 10:30 - 11:30 Gymnasium	Zumba 9:30 - 10:15 Studio	MT Yoga 9:15-10:15 Studio	Group Centergy 11:00 - 12:00 Studio	
	Group Power 10:30 - 11:30 Gymnasium	Zumba 9:30 - 10:15 Studio	Yoga 10:30 – 11:30 Studio		Group Power 10:30 - 11:30 Gymnasium		
Evening	Pickleball 12:00 - 2:00 Gymnasium	Group Centergy 12:00 - 1:00 Studio	Pickleball 12:00 - 2:00 Gymnasium	Pickleball 12:00 - 2:00 Gymnasium	Pickleball 12:00 - 2:00 Gymnasium	18+ Volleyball 3:30 – 5:30 Gymnasium	18+ Soccer 1:30-4:30pm Gymnasium
	Basketball 13-18 2:30 - 4:30 Gymnasium	MT AquaFit 1:00-1:45 Pool	MT AquaFit 1:00-1:45 Pool	MT AquaFit 1:00-1:45 Pool	Basketball 13-18 2:30 - 4:30 Gymnasium		
	Group Blast 5:45-6:45 Gymnasium	Basketball 18+ 12:00 - 2:00 Gymnasium	Basketball 13-18 2:30 - 4:30 Gymnasium	Basketball 13-18 2:30 - 4:30 Gymnasium	Yoga 5:30-6:30 Studio		
	Group Power 6:30 - 7:30 Studio	Basketball 13-18 2:30 - 4:30 Gymnasium	Yoga 5:15 - 6:15 Studio	TRX 5:30-6:15pm Wellness Centre	Basketball 18+** 5:45-7:45 Gymnasium		
	Youth Girls Sports 13-18 8:00 – 9:00 Gymnasium	Group Active 5:45-6:45 Gymnasium	Cycle 5:30 – 6:15 Cycle Room	Group Active 5:45-6:45 Gymnasium	**All Participants Must Register for 18+ basketball		
		Group Centergy 6:30- 7:30 Studio	Group Blast 5:45-6:45 Gymnasium	Group Centergy 6:30 - 7:30 Studio			
		Cycle 7:00 - 7:45 Cycle Room	Group Power 6:30 - 7:30 Studio	Cycle 7:00 - 7:45 Cycle Room			
		AquaFit 7:15-8:00 Pool		Open Gym 8:00 – 8:45 Gymnasium			

**** Friday Basketball 18+ (5:45 PM – 7:45 PM) requires registration.** To register please book in your membership portal or at the front desk.

Group fitness participants should be arriving at least 15 minutes before class to set up their equipment.

Booking: Portal opens daily @ 8:00 am. The best way to be successful is to register 7 days in advance. This applies to all of our group fitness programs.