

MULTIPLEX FITNESS CENTRE (APRIL)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 CLOSED OPEN TO 24HRS MEMBERS ONLY	2 CLOSED NO 24hr Access	3 10:15am Mindful Yoga	4 5:30pm Zumba 6:40pm Organic Flow Yoga	5 10:00am Zumba	6	7
8	9	10 10:15am Mindful Yoga	11 5:30pm Zumba 6:40pm Organic Flow Yoga	12 10:00am Zumba	13	14
15 6:45pm Yin Yoga	16	17 10:15am Mindful Yoga	18 5:30pm Zumba 6:40pm Organic Flow Yoga	19 10:00am Zumba	20	21
22	23	24 10:15am Mindful Yoga	25 5:30pm Zumba 6:40pm Organic Flow Yoga	26 10:00am Zumba	27	28
29 6:45pm Yin Yoga	30			Fitness Membership Includes Drop In Gym		