

## Group Exercise Schedule transition from Fall 2018-Winter 2019







### Holiday Hours for December 2018-January 2019

December 22-23: 8am-5pm  
 December 24: 6am-12pm  
 December 25-26: CLOSED  
 December 27-28: 8am-6pm  
 December 29-30: 12pm-5pm  
 December 31: 6am-12pm  
 January 1: CLOSED



Regular Hours Resume January 2, 2019.

#### Class Schedule:

17	18	19	20	21
		Regularly scheduled classes Please Sign up online: <a href="http://www.studentwellnesscentre.ca">www.studentwellnesscentre.ca</a>		
24	25	26	28	29
No classes		Closed		No classes
31	1	2	3	4
No Classes	Closed	Only Classes: Spin 12:05, Body Blast 1:05, Yoga 12:05	Only Classes: Ropes 12:05 Power Punch, 1:05 Yoga 12:05 Vinyasa Yoga, 1:05	Only classes: 12:05 Step 1:05 Vinyasa Yoga 1:05 Spin
7	8	9	10	11
	New Winter Schedule Begins Please sign up online for all classes, Orientations, assessments, training, Group Ex Challenge and get your Team registered for our Biggest Winner Wellness Challenge!			

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