

FITNESS CLASSES

ESTEVAN LEISURE CENTRE
September 2 - October 2, 2017

MONDAY	9:10am - 9:50am	TABATA	MULTI-PURPOSE ROOM
	10:10am - 10:50am	EASY STRETCH	MULTI-PURPOSE ROOM
	5:15pm - 6:00pm	TABATA	MULTI-PURPOSE ROOM

TUESDAY	6:10am - 6:50am	SPIN*	SPIN BAR
	9:10am - 9:50am	SPIN*	SPIN BAR
	5:30pm - 6:10pm	SPIN*	SPIN BAR

WEDNESDAY	9:10am - 9:50am	TABATA	MULTI-PURPOSE ROOM
	10:10am - 10:50am	EASY STRETCH	MULTI-PURPOSE ROOM
	5:15pm - 6:00pm	CIRCUIT	MULTI-PURPOSE ROOM

THURSDAY	6:10am - 6:50am	SPIN*	SPIN BAR
	9:10am - 9:50am	SPIN*	SPIN BAR
	5:30pm - 6:10pm	SPIN*	SPIN BAR

FRIDAY	9:10am - 9:50am	H.I.I.T.	MULTI-PURPOSE ROOM
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* To ensure a spot in **SPIN** classes pre-register by calling 306-634-1888 or at www.estevan.ca. If space is available, Drop Ins may be available.

DID YOU KNOW? A drop in fee gives you access to the pool, weight room, squash courts, hot tub, steam room, land and water fitness classes, tennis and pickle ball courts, drop in at the multi purpose room and noon hockey!

WEIGHT ROOM

MONDAY	6:00am - 10:00pm	THURSDAY	6:00am - 9:00pm	SUNDAY	9:00am - 9:00pm
TUESDAY	6:00am - 9:00pm	FRIDAY	6:00am - 9:00pm	TRY THE NEW TRUE - ALPINE RUNNER TREADMILL WITH A 30° INCLINE!	
WEDNESDAY	6:00am - 10:00pm	SATURDAY	9:00am - 9:00pm		

Some classes may not run as scheduled due to demand, holidays, etc. Please call 306-634-1888 to confirm times.

701 Souris Avenue North | Estevan, SK | Tel: 306-634-1888 | www.estevan.ca



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