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| **GLENMORE ACTIVITY CENTRE** |
| **DAY** | **CLASS** | **TIME** |
| Monday | **Bootcamp** | 6:00pm – 6:45pm |
|  |  |  |
| Wednesday | **Yoga** | 10:30am – 11:30am |
|  |  |  |
| Thursday | **Circuits** | 7:00pm – 7:45pm |
|  |  |  |
| Friday | **Pilates (50+)** | 10:00am – 11:00am |
|  |  |  |
|  | **Pickleball (FF)** |  |
|  | **Badminton (FF)** |  |
|  | **Squash** |  |

***\*Dates and times to be confirmed.***

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| **GLENMORE ACTIVITY CENTRE (ADULT)** |
| **DAY** | **CLASS** | **TIME** |
| Monday | **Bootcamp** | 6:00pm – 6:45pm |
|  |  |  |
| Wednesday | **Yoga** | 10:30am – 11:30am |
|  |  |  |
| Thursday | **Circuits** | 7:00pm – 7:45pm |
|  |  |  |
| Friday | **Pilates (50+)** | 10:00am – 11:00am |
|  |  |  |
|  | **Pickleball (FF)** |  |
|  | **Badminton (FF)** |  |
|  | **Squash** |  |

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| **GROVE ACTIVITY CENTRE (ADULT)** |
| **DAY** | **CLASS** | **TIME** |
| **Wednesday** | **Group Cycling & Core** | **6:00pm – 6.45pm** |
|  |  |  |
|  | **Pickleball (FF)** |  |
|  | **Badminton (FF)** |  |

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| **KILMAKEE ACTIVITY CENTRE (ADULT)** |
| **DAY** | **CLASS** | **TIME** |
| **Monday** | **Boxercise** | **6:00pm – 7:00pm** |
| **Monday** | **Group Cycling** | **7:15pm – 8:00pm** |
|  |  |  |
| **Wednesday** | **Archery (FF)** | **6:00pm – 7:00pm** |
| **Wednesday** | **20/20/20** | **6:15pm – 7:00pm** |
|  |  |  |
| **Thursday** | **Yoga** | **10:30am – 11:30am** |
| **Thursday** | **Circuits** | **7:30pm – 8:30pm** |
|  |  |  |
|  | **Pickleball (FF)** |  |
|  | **Badminton (FF)** |  |
|  | **Indoor Bowls (FF)** |  |