



# SUMMER CAC FITNESS SCHEDULE



AFC: Army Fitness Centre

DDH: Dundonald Hall

Rec Plex: Recreation Complex

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-9:50am		Aquafit DDH Pool	Aquafit DDH Pool	Aquafit DDH Pool	
9:15am-10:15			Outdoor Boot Camp Rec Plex		
5:00-5:45pm			Strong 45 DDH Spin Room		
6:00-6:45pm	Spin DDH Spin Room		Spin DDH Spin Room		
6:00-7:00		Boot Camp AFC <hr/> Yoga RP Studio		Boot Camp AFC <hr/> Zumba RP Gym	
8:00pm		Aquafit DDH Pool		Aquafit DDH Pool	

**Effective Tue 2 Jul to Fri 30 Aug 2019.**

**Fall Schedule will begin Tue 3 Sep 2019**