



SUMMER CAC FITNESS SCHEDULE

AFC: Army Fitness Centre

DDH: Dundonald Hall

Rec Plex: Recreation Complex

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15-10:15am			Outdoor Boot Camp Rec Plex		
6:00-6:45pm	Spin DDH Spin Room		Spin DDH Spin Room		
6:00-7:00pm		Boot Camp AFC		Boot Camp AFC	
6:00-7:00pm		Yoga RP Studio		Zumba RP Gym	

Effective Tue 6 Aug to Fri 30 Aug 2019.

Fall Schedule will begin Tue 3 Sep 2019