



Middlesex Centre Wellness & Recreation Complex | May 11th - May 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Drop-in Program		9:00AM-10:00AM (Low Impact) 6:30PM-7:30PM (Low Impact)				9:00AM-10:00AM (Low Impact)	
Group Power Drop-in Program				9:00AM-10:00AM (Strength and Endurance)			
Kettlebell Drop-in Program				6:30PM-7:30PM (Strength and Endurance)			
Active Agers Drop-in Program					9:00AM-10:00AM (Low Impact)		
Group Fight Drop-in Program							9:00AM-9:30AM (Cardio)