

Workout Studio

Join us at the
Quinte Sports & Wellness Centre

Drop In Visit: \$3.00

Fall Hours of Operation

(September 4 - December 31, 2017)

Mon::	6:00 - 9:00am	11:30am - 2:30pm	4:30 - 9:30pm	
Tues:	6:00 - 9:00am	11:00am - 2:30pm	4:30 - 7:00pm	8:00 - 9:30pm
Wed:	6:00 - 9:00am	11:30am - 2:30pm	4:30 - 9:30pm	
Thurs:	6:00 - 9:00am	11:00am - 2:30pm	4:30 - 7:00pm	8:00 - 9:30pm
Fri: :	6:00 - 9:00am	9:30am - 2:30pm	4:30 - 8:00pm	
Sat: :	7:30am - 2:00pm			
Sun:	8:00am - 2:00pm			

CLOSED: Oct. 9, Nov. 11, Dec 25, 26
SPECIAL SCHEDULE: Dec. 22, 24, 29 & 31

(All hours subject to change)