

Workout Studio

Join us at the Quinte Sports & Wellness Centre

Drop In Visit: \$3.00

Winter Hours of Operation

(January 5 - March 31, 2019)

Monday:	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	7:45 - 9:30pm
Wednesday:	6:00 - 9:00am	11:30am - 2:30pm	4:30 - 9:15pm	
Thurs:	6:00 - 9:00am	11:00am - 2:30pm	4:30 - 7:00pm	7:45 - 9:15pm
Friday:	6:00 - 9:00am	9:30am - 2:30pm	4:30 - 8:00pm	
Saturday:	7:30am - 2:00pm			
Sunday:	8:30am - 2:00pm			

December 2018

