



## Workout Studio Schedule

April 9<sup>th</sup> – June 17<sup>th</sup>, 2024

265 Cannifton Road, Belleville, ON  
www.qswc.ca 613-966-4632

16 people per time available

Pre-registration is required for all Workout Studio times



Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	6:00am - 7:00am		6:00am - 7:00am			
	7:00am - 8:00am	7:00am - 8:00am	7:00am - 8:00am	7:00am - 8:00am		
8:00am - 9:00am	8:00am - 9:00am	8:00am - 9:00am	8:00am - 9:00am	8:00am - 9:00am	8:00am - 9:00am	
					9:00am - 10:00am	9:00am - 10:00am
					10:00am - 11:00am	10:00am - 11:00am
11:00am - 12:00pm	11:00am - 12:00pm	11:00am - 12:00pm	11:00am - 12:00pm	11:00am - 12:00pm	11:00am - 12:00pm	11:00am - 12:00pm
12:00pm - 1:00pm	12:00pm - 1:00pm	12:00pm - 1:00pm	12:00pm - 1:00pm	12:00pm - 1:00pm	<b>Workout Studio Fee: Adult \$5.00/person Youth \$4.00/person</b>  <b>Register online at QSWC.CA or call 613-966-4632</b> <b>*Workout Studio hours are subject to change.</b>	
1:00pm - 2:00pm	1:00pm - 2:00pm	1:00pm - 2:00pm	1:00pm - 2:00pm	1:00pm - 2:00pm		
2:00pm - 3:00pm	2:00pm - 3:00pm	2:00pm - 3:00pm	2:00pm - 3:00pm	2:00pm - 3:00pm		
3:00pm - 4:00pm	3:00pm - 4:00pm	3:00pm - 4:00pm	3:00pm - 4:00pm	3:00pm - 4:00pm		
4:00pm - 5:00pm	4:00pm - 5:00pm	4:00pm - 5:00pm	4:00pm - 5:00pm	4:00pm - 5:00pm		
5:00pm - 6:00pm	5:00pm - 6:00pm	5:00pm - 6:00pm	5:00pm - 6:00pm	5:00pm - 6:00pm	<b>IMPORTANT NOTES</b> <b>Closure Dates:</b> <b>March 29<sup>th</sup></b> <b>April 1<sup>st</sup>, April 8<sup>th</sup></b> <b>May 20<sup>th</sup></b>	
6:00pm - 7:00pm	6:00pm - 7:00pm	6:00pm - 7:00pm	6:00pm - 7:00pm	6:00pm - 7:00pm		
7:00 - 8:00pm	7:00pm - 8:00pm	7:00 - 8:00pm	7:00pm - 8:00pm			