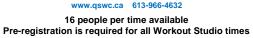


Workout Studio Schedule April 9th – June 17th, 2024 265 Cannifton Road, Belleville, ON www.qswc.ca 613-966-4632





on the Day of Shinte						
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	Workout Studio Fee: Adult \$5.00/person Youth \$4.00/person Register online at QSWC.CA or call 613-966-4632 *Workout Studio hours are subject to change.	
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	IMPORTANT NOTES Closure Dates: March 29 th April 1 st , April 8 th May 20 th	
5:00pm – 6:00pm	5:00pm – 6:00pm	5:00pm – 6:00pm	5:00pm – 6:00pm	5:00pm - 6:00pm		
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			