



Village Square Leisure Centre

2623 56 Street N.E.

November 21 - December 23, 2022

Dry Land Fitness, Yoga, Pilates & Martial Arts Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Athletic Pump 9:15 - 10:15 a.m. Ka-Lee		Kung Fu - Child (Registered) 9:15 - 10 a.m. Greg	
Mind-Body Flow* 10:10 - 11 a.m. Kandi			50+ Fitness (Gentle 3) 10:25 - 11:20 a.m. Ka-Lee	Mind-Body Flow* 9:30 - 10:30 a.m. Kandi <i>(Starts Nov 25)</i>	Kung Fu - For Everyone (Registered) 10:10 - 11:10 a.m. Greg	
Drum Fitness 11:10 a.m. - 12 p.m. Kandi		Core Conditioning 10:50 - 11:50 a.m. Diana				
Dance Yourself Fit (Gentle 3) 12:10 - 1 p.m. Kandi		Living Healthy - Get Going (Gentle 2) 12 - 12:50 p.m. Diana	Dance Yourself Fit (Gentle 3) 12:10 - 1 p.m. Kandi	Ever Active (Gentle 3) 11:45 a.m. - 12:45 p.m. Kandi <i>(Starts Nov 25)</i>		
			Balance & Strength (Gentle 2) 1:10 - 2 p.m. Kandi	Additional classes during Renfrew closure ONLY		
			Kickboxing (Registered) 5:30 - 6:30 p.m. Chuck			
	Strength & Restore 5:30 - 6:30 p.m. Inderjit	Total Body Strength 5:30 - 6:30 pm Inderjit	Total Body Workout 5:30 - 6:30 p.m. Inderjit	<p>Subject to change. Visit calgary.ca/villagesquare for the latest facility schedules, hours of operation and rates.</p> <p>* Must bring your own mat to all Yoga, Pilates & Mind Body Flow classes *</p> <p>To sign up for instructor led classes visit calgary.ca/liveandplay</p>		
	Hapkido (Registered) 7:15 - 8:45 p.m. Jeremy		Hapkido (Registered) 7:15 - 8:45 p.m. Jeremy			
Adapted Fitness (Registered)						
10 a.m. - 12 p.m. Debbie	10 a.m. - 12 p.m. Maggie	10 a.m. - 12 p.m. Carlos	10 a.m. - 12 p.m. Maggie			
12 - 2 p.m. Debbie	12 - 2 p.m. Maggie	12 - 2 p.m. Carlos	12 - 2 p.m. Maggie			



Village Square Leisure Centre

2623 56 Street N.E.

September 10 - December 23, 2022

Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Closed	Closed	Closed	Public Swim 12:30 - 8 p.m.	Public Swim 12:30 - 8 p.m.	Deep Water Workout Main Pool 8:15 - 9 a.m. (Caitlin)	Deep Water Workout Main Pool 8:15 - 9 a.m. (Amanda)
					Deep Water Workout Main Pool 9 - 9:45 a.m. (Caitlin)	Deep Water Workout Main Pool 9 - 9:45 a.m. (Amanda)
			Waves 3 - 8 p.m.	Waves 1:30 - 8 p.m.	Public Swim 8 a.m. - 6 p.m.	Public Swim 8 a.m. - 6 p.m.
					Waves 10:30 a.m. - 6 p.m.	Waves 10:30 a.m. - 6 p.m.
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