



Village Square Leisure Centre

2623 56 Street N.E.

March 1 - March 31, 2023

Dry Land Fitness, Yoga, Pilates & Martial Arts Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			50+ Strength & Stretch (Gentle 3) 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		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			Qigong (Registered) 11:15 a.m. - 12 p.m. Greg	
Drum Fitness 12:10 p.m.- 1 p.m. Kandi		Living Healthy - Get Going (Gentle 2) 12 - 12:50 p.m. Diana	Drum Fitness 12:10 p.m.- 1 p.m. Kandi			
			Balance & Strength (Gentle 2) 1:10 - 2 p.m. Kandi			
			Kickboxing (Registered) 5:30 - 6:30 p.m. Chuck		<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>	
	Strength & Restore 5:30 - 6:30 p.m. Ka-lee		Total Body Workout 5:30 - 6:30 p.m. Ka-lee			
	Hapkido (Registered) 6:45 - 8 p.m. Jeremy		Hapkido (Registered) 6:45 - 8 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		<p>To sign up for instructor led classes visit calgary.ca/dropin</p>	
12 - 2 p.m. Debbie	12 - 2 p.m. Maggie	12 - 2 p.m. Carlos	12 - 2 p.m. Maggie	12 - 2 p.m. Carlos		



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January 9 - March 31, 2023

Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Closed	Closed	Closed			Deep Water Workout Main Pool 8:15 - 9:10 a.m. Caitlin	Swim Lessons 8:45 a.m. - 12 p.m.	
					Deep Water Workout Main Pool 9:10 - 10:10 a.m. Caitlin		
			Deep Water Workout Main Pool 12:45 - 1:45 p.m. Caitlin				
			Deep Water Workout Main Pool 1:45 - 2:45 p.m. Caitlin				
<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/dropin</p>							
				Public Swim 12:30 - 5 p.m.	Public Swim 12:30 - 8 p.m.	Public Swim 8 a.m. - 6 p.m.	Public Swim 12 - 6 p.m.
				Swim Lessons 5 - 8 p.m.			