




Southland Leisure Centre

2000 Southland Dr. S.W.

April 1 - June 30, 2025


Drop-In Swimming & Aquatic Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|---|---|--|--|
| Schedules Subject to Change. Visit calgary.ca/Southland for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes. Additional Deep Water Workout classes coming soon. | | | |  | | Deep Water Workout 10:05 - 10:50 a.m. Leona |
| | | | | | | Public Swim - Waves & No Dive Tank 10 - 11 a.m. |
| Public Swim - Waves & No Dive Tank 1 - 4:30 p.m. | Public Swim - Waves & No Dive Tank 1 - 4 p.m. | Public Swim - Waves & No Dive Tank 1 - 4 p.m. | Self-Led Dive Tank Exercise & Slide open 1:10 - 2:30 p.m. | Deep Water Workout 1:10 - 2:10 p.m. Linda | Public Swim - Waves & Dive Tank 1 - 6 p.m. | Public Swim - Waves & Dive Tank 11 a.m. - 6 p.m. |
| Self-Led Dive Tank Exercise & Slide open 3:00 - 4:30 p.m. | | | Public Swim - Waves & No Dive Tank 1 - 4 p.m. | Public Swim - Waves & No Dive Tank 1 - 2:10 p.m. | | |
| | | | | Public Swim - Waves & Dive Tank 2:10 - 6:30 p.m. | | |
| | Public Swim - Waves & Dive Tank 4 - 9 p.m. | Public Swim - Waves & Dive Tank 4 - 9 p.m. | Public Swim - Waves & Dive Tank 4 - 9 p.m. | Inflatable Swim - No Waves & Dive Tank 6:30 - 8 p.m. | | |
| Public Swim - Waves & Dive Tank 7:30 - 9 p.m. | | | | Public Swim - Waves & Dive Tank 8 - 9 p.m. | | |

Drop-in Sports & Preschool

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|---|--|---|
| Pickleball 7 a.m. - 2 p.m. (Until May 31) | Kinder Room 9 - 11:30 a.m. Ages up to 7y +adult | Pickleball 7 a.m. - 2 p.m. (Until May 31) | Pickleball 7 a.m. - 2 p.m. (Until May 31) | Pickleball 7 a.m. - 12 p.m. Until May 31 | Active Play 9 a.m. - 12:30 p.m. Ages up to 7y | |
| | | | | | | Badminton & Basketball 12:30 - 3 p.m. |
| Badminton & Basketball 2 - 8:30 p.m. | Active Play 4 - 7 p.m. Ages up to 7y | | Basketball 2 - 8:30 p.m. | Badminton & Basketball 12 - 8:30 p.m. | Badminton & Basketball 12:30 - 5:30 p.m. | Rock Climbing/ Gymnastics 3 - 5 p.m. Instructor led (Until June 15th) |
| | | Badminton & Basketball 2 - 8:30 p.m. | | | | |
| | Rock Climbing/ Gymnastics 7:30 - 9 p.m. Instructor led (Until June 15th) | | | | | |

Drop-in Fitness Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|---|--|--|
| | | | Cardio & Strength Intervals 7:10 - 8 a.m. MPR Leanne | | Yoga 8:30 - 9:30 a.m. WCS Michelle S. | |
| Pure Cycle 8 - 8:50 a.m. CS Randi | Pure Cycle 8 - 8:50 a.m. CS Agatha | Pure Cycle 8 - 8:50 a.m. CS Randi | Pure Cycle 8 - 8:50 a.m. CS Ron | | | |
| | | | Yoga 7:30 - 8:30 a.m. WS Michelle S | | Total Body Workout 9 - 10 a.m. MPR Gail S | |
| Pure Strength 9:15 - 10:15 a.m. MPR Randi | Total Body Workout 9:15 - 10:15 a.m. MPR Agatha | Pure Strength 9:15 - 10:15 a.m. MPR Gail S. | Total Body Workout 9:15 - 10:15 a.m. MPR Ron | Pure Cycle 9:15 - 10:15 a.m. CS Emm | NEW Core Conditioning (starts April 19) 10:15 - 11 a.m. MPR Gail S. | |
| Yoga * 9:15 - 10:15 a.m. WCS Valarie | | | | Total Body Workout 9:15 - 10:15 a.m. MPR Gail S | | NEW Cardio Strength & Intervals 11:05 a.m. - 12 p.m. MPR Leona |
| ZUMBA® 10:30 - 11:30 a.m. MPR Andrea | Balance & Strength (Gentle 2) 10:30 - 11:30 a.m. MPR Linda | ZUMBA® 10:30 - 11:30 a.m. MPR Andrea | Balance & Strength (Gentle 2) 10:30 - 11:30 a.m. MPR Linda | Yoga * 10:25 - 11:25 a.m. WCS Valarie | | |
| | Yoga * 10:30 - 11:30 a.m. WCS Agatha | | | 50+ Fitness (Gentle 3) 10:45 - 11:45 a.m. MPR Gail S. | | |
| Total Body Workout 12 - 12:45 p.m. MPR Leanne | Core Conditioning 12 - 12:45 p.m. MPR Cindy | Mind Body Flow* 12 - 12:45 p.m. WS Randi | Yoga* 12 - 12:45 p.m. WCS Michelle S | Pure Strength 12 - 12:45 p.m. MPR Randi | Schedule Subject to Change.  Visit calgary.ca/Southland for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes. Must bring your own yoga mat * CS: Cycle Studio MPR: Multi-Purpose Room WS: Wellness Studio WCS: Woodcreek Studio WR: Weight Room Edited April 2, 2025 | |
| 50+ Fitness (Gentle 3) 1 - 2 p.m. MPR Sharon | Sit Fit (Gentle 1) 1 - 2 p.m. MPR Linda | 50+ Fitness (Gentle 3) 1 - 2 p.m. MPR Sharon | Sit Fit (Gentle 1) 1 - 2 p.m. MPR Linda | | | |
| 50+ Fitness (Gentle 3) 2:15 - 3:15 p.m. MPR Sharon | | 50+ Fitness (Gentle 3) 2:15 - 3:15 p.m. MPR Sharon | | | | |
| Pure Cycle 5 - 5:50 p.m. CS Ron | | | | | | |
| Pure Strength 6 - 7 p.m. MPR Gail B | Boxing Boot Camp 6 - 7 p.m. MPR Emm | Pure Cycle 6 - 6:50 p.m. CS Gail B. | Boxing Boot Camp 6 - 7 p.m. MPR Emm | | | |
| | NEW Yoga*- starts April 8 7:30 - 8:30 p.m. WCS Michelle S. | Pure Strength 7:05 - 8:05 p.m. MPR Gail B. | Pure Cycle 7 - 7:50 p.m. CS Leanne | | | |