




Southland Leisure Centre

2000 Southland Dr. S.W.

Sept. 8 - Dec. 21, 2025


Drop-In Swimming & Aquatic Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Schedules Subject to Change.</p> <p>Visit calgary.ca/Southland for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.</p> 						
<p>The gymnasium, fitness, weight room and multipurpose rooms will be closed for annual preventative maintenance and cleaning from Sept. 2 – 7, 2025</p> <p>The pool will be closed for repairs Sept. 2 through December 2025.</p> <p>The rest of the facility will remain open except during the Sept. 2 – 7 closure.</p>						

Drop-in Sports & Preschool

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
Pickleball 7 a.m. - 2 p.m. <i>(Starts Sept 8)</i>		Pickleball 7 a.m. - 2 p.m. <i>(Starts Sept 9)</i>		Pickleball 7 a.m. - 2 p.m. <i>(Starts Sept 10)</i>		Pickleball 7 a.m. - 2 p.m. <i>(Starts Sept 11)</i>		Pickleball 7 a.m. - 12 p.m. <i>(Starts Sept 12)</i>			
								Active Play 9 a.m.-12 p.m. Ages up to 7y +adult		Active Play 9 a.m.-12 p.m. Ages up to 7y +adult	
Badminton & Basketball 2 - 8:30 p.m.		Badminton 2 - 8:30 p.m.		Badminton & Basketball 2 - 8:30 p.m.		Basketball 2 - 8:30 p.m.		Badminton & Basketball 12 - 8:30 p.m.			Badminton & Basketball 12:30 - 3 p.m.
										Active Play 3 - 5 p.m. Ages up to 7y +adult	Badminton & Basketball 12:30 - 5:30 p.m.
Active Play 4 - 7 p.m. Ages up to 7y	Active Play 4 - 7 p.m. Ages up to 7y		Active Play 4 - 7 p.m. Ages up to 7y								

Drop-in Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					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				
			Yoga 7:30 - 8:30 a.m. WS Michelle S		Total Body Workout 9 - 10 a.m. MPR	NEW Pure Cycle 9 - 10 a.m. CS Gail B.
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 Michelle S	Pure Cycle 9:15 - 10:15 a.m. CS Emm	Core Conditioning 10:15 - 11 a.m. MPR Gail S.	NEW Boxing Boot Camp 10:15 - 11 a.m. MPR Leona
Yoga * 9:15 - 10:15 a.m. WCS Valarie				Total Body Workout 9:15 - 10:15 a.m. MPR Gail S		Cardio Strength & Intervals 11:05 a.m. - 12 p.m. MPR Leona
ZUMBA® 10:30 - 11:30 a.m. MPR Sandra	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 Tannus starts Sept. 15	Core Conditioning 12 - 12:45 p.m. MPR Cindy starts Sept. 15	NEW Total Body Strength 12 - 12:45 p.m. MPS Randi	Yoga* 12 - 12:45 p.m. WS Michelle S	Pure Strength 12 - 12:45 p.m. MPR Randi	<p>Schedule Subject to Change.</p>  <p>Visit calgary.ca/Southland for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.</p> <p>Must bring your own yoga mat *</p> <p>CS: Cycle Studio MPR: Multi-Purpose Room WS: Wellness Studio WCS: Woodcreek Studio WR: Weight Room</p> <p>Edited Aug 25, 2025</p>	
50+ Fitness (Gentle 3) 1 - 2 p.m. MPR Sharon starts Sept. 15	Sit Fit (Gentle 1) 1 - 2 p.m. MPR Linda	50+ Fitness (Gentle 3) 1 - 2 p.m. MPR	Sit Fit (Gentle 1) 1 - 2 p.m. MPR Linda			
50+ Fitness (Gentle 3) 2:15 - 3:15 p.m. MPR Sharon start Sept 15		50+ Fitness (Gentle 3) 2:15 - 3:15 p.m. MPR				
Pure Cycle 5 - 5:50 p.m. CS Leanne L		NEW ZUMBA® 6 - 6:55 p.m. MPR Sandra		NEW ZUMBA® 5 - 6 p.m. MPR Sandra		
Pure Strength 6 - 7 p.m. MPR Gail B	Boxing Boot Camp 6 - 7 p.m. MPR Emm	NEW Cycle Pump 6 - 7 p.m. CS Gail B.	Boxing Boot Camp 6 - 7 p.m. MPR Emm			
	Yoga * 7:30 - 8:30 p.m. WCS Michelle S.					