



Middlesex Centre Wellness & Recreation Complex | November 18th - November 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Active Agers Drop-in Program	9:00AM-10:00AM (Low Impact)				9:00AM-10:00AM (Low Impact)		
Group Fight Drop-in Program	6:30PM-7:30PM (Cardio)						
Yoga Drop-in Program		9:30AM-10:30AM (Low Impact) 6:30PM-7:30PM (Low Impact)					
Strength and Endurance training Drop-in Program			9:30AM-10:30AM (Strength and Endurance)				
Group Power Drop-in Program				9:15AM-10:15AM (Strength and Endurance)			
Group Groove Drop-in Program				6:30PM-7:30PM (Cardio)			
Hatha Yoga Drop-in Program						9:15AM-10:15AM (Low Impact)	