

October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:00 Legends Cup: Bodybuilding Competition
2	3 9:00 Pickleball (beginner) 9:00 Adult Shinny 9:00 Active Fit 9:30 Friendship Group 10:30 Stick and Puck 10:45 Body Tone 11:30 Adult Skating 11:30 Pickleball (All levels)	4 9:00 Cardio Training 10:00 Body Sculpt 10:00 Line Dancing 10:00 Line Dancing 1:00 Carpet Bowling 2:00 Pickleball (All levels)	5 9:00 Pickleball (beginner) 9:00 Adult Shinny 9:30 Weight Wednesdays 10:30 Stick and Puck 10:30 Sweat, Step, Stretch 11:30 Pickleball (All levels) 11:30 Pickleball (All levels) 4:00 Public Skating	6 9:00 Pickleball (All levels) 9:00 Cardio Fit 10:00 Body Sculpt 10:30 Ladies Shinny 11:30 Pickleball (Advanced) 1:00 Carpet Bowling 2:00 Table Tennis	7 9:00 Active Fit 9:00 Adult Shinny 9:45 Walking Intervals	8 6:00 COBOURG KICKBOXING CHAMPIONSHIPS
9	10 9:00 Pickleball (beginner) 9:00 Adult Shinny 9:00 Active Fit 9:30 Friendship Group 10:45 Body Tone 11:30 Pickleball (All levels)	11 9:00 Cardio Training 10:00 Body Sculpt 10:00 Line Dancing 10:00 Line Dancing 1:00 Carpet Bowling 2:00 Pickleball (All levels)	12 9:00 Pickleball (beginner) 9:00 Adult Shinny 9:30 Weight Wednesdays 10:30 Stick and Puck 10:30 Sweat, Step, Stretch 11:30 Pickleball (All levels) 11:30 Pickleball (All levels) 3:00 Drop-In Youth Basketball! 4:00 Public Skating	13 9:00 Pickleball (All levels) 9:00 Cardio Fit 10:00 Body Sculpt 10:30 Ladies Shinny 11:30 Pickleball (Advanced) 1:00 Carpet Bowling 2:00 Table Tennis	14 9:00 Active Fit 9:00 Adult Shinny 9:45 Walking Intervals	15
16	17 9:00 Pickleball (beginner) 9:00 Adult Shinny 9:00 Active Fit 9:30 Friendship Group 10:30 Stick and Puck 10:45 Body Tone	18 9:00 Cardio Training 10:00 Body Sculpt 10:00 Line Dancing 10:00 Line Dancing 1:00 Carpet Bowling 2:00 Pickleball (All levels)	19 9:00 Pickleball (beginner) 9:00 Adult Shinny 9:30 Weight Wednesdays 10:30 Stick and Puck 10:30 Sweat, Step, Stretch	20 9:00 Pickleball (All levels) 9:00 Cardio Fit 10:00 Body Sculpt 10:30 Ladies Shinny 11:30 Pickleball (Advanced) 1:00 Carpet	21 9:00 Active Fit 9:00 Adult Shinny 9:45 Walking Intervals	22

	11:30 Adult Skating 11:30 Pickleball (All levels) 3:00 Drop-In Youth Basketball!		11:30 Pickleball (All levels) 11:30 Pickleball (All levels) 3:00 Drop-In Youth Basketball! 4:00 Public Skating	Bowling 2:00 Table Tennis		
23	24 9:00 Pickleball (beginner) 9:00 Adult Shinny 9:00 Active Fit 9:30 Friendship Group 10:30 Stick and Puck 10:45 Body Tone 11:30 Adult Skating 11:30 Pickleball (All levels) 3:00 Drop-In Youth Basketball!	25 9:00 Cardio Training 10:00 Body Sculpt 10:00 Line Dancing 10:00 Line Dancing 1:00 Carpet Bowling 2:00 Pickleball (All levels)	26 9:00 Pickleball (beginner) 9:00 Adult Shinny 9:30 Weight Wednesdays 10:30 Stick and Puck 10:30 Sweat, Step, Stretch 11:30 Pickleball (All levels) 11:30 Pickleball (All levels) 3:00 Drop-In Youth Basketball! 4:00 Public Skating	27 9:00 Pickleball (All levels) 9:00 Cardio Fit 10:00 Body Sculpt 10:30 Ladies Shinny 11:30 Pickleball (Advanced) 1:00 Carpet Bowling 2:00 Table Tennis	28 9:00 Active Fit 9:00 Adult Shinny 9:45 Walking Intervals	29
30	31 9:00 Pickleball (beginner) 9:00 Adult Shinny 9:00 Active Fit 9:30 Friendship Group 10:30 Stick and Puck 10:45 Body Tone 11:30 Adult Skating 11:30 Pickleball (All levels) 3:00 Drop-In Youth Basketball!					