

December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:00 Cardio Fit 9:00 Pickleball (All levels) 10:00 Body Sculpt 10:30 Ladies Shinny 11:30 Pickleball (Advanced) 1:00 Carpet Bowling 2:00 Table Tennis	2 8:00 Silver Stick Tournament 9:00 Adult Shinny 9:00 Active Fit 9:45 Walking Intervals	3
4	5 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 Pickleball (All levels) 11:30 Adult Skating	6 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)	7 9:00 Adult Shinny 9:00 Pickleball (beginner) 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	8 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	9 9:00 Active Fit 9:00 Adult Shinny 9:45 Walking Intervals	10
11	12 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 Pickleball (All levels) 11:30 Adult Skating	13 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)	14 9:00 Adult Shinny 9:00 Pickleball (beginner) 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	15 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	16 9:00 Active Fit 9:00 Adult Shinny 9:45 Walking Intervals	17
18	19 9:00 Pickleball (beginner) 9:00 Adult Shinny	20 9:00 Cardio Training 10:00 Body Sculpt 10:00 Line Dancing	21 9:00 Adult Shinny 9:30 Weight Wednesdays	22 9:00 Pickleball (All levels) 9:00 Cardio Fit	23 9:00 Active Fit 9:00 Adult Shinny 9:45 Walking	24

	9:00 Active Fit 9:30 Friendship Group 10:30 Stick and Puck 10:45 Body Tone 11:30 Pickleball (All levels) 11:30 Adult Skating	10:00 Line Dancing 1:00 Carpet Bowling 2:00 Pickleball (All levels)	10:30 Stick and Puck 10:30 Sweat, Step, Stretch 11:30 Pickleball (All levels) 4:00 Public Skating	10:00 Body Sculpt 10:30 Ladies Shinny 11:30 Pickleball (Advanced) 1:00 Carpet Bowling 2:00 Table Tennis	Intervals	
25	26	27 9:00 Cardio Training 10:00 Body Sculpt 1:00 Carpet Bowling	28 9:00 Adult Shinny 10:30 Stick and Puck 4:00 Public Skating	29 10:30 Ladies Shinny	30 9:00 Adult Shinny	

<https://calendar.cobourg.ca>