

UPPER SKEENA RECREATION CENTRE FITNESS CENTRE & CARDIO AREA SCHEDULE

SEPTEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9am - 9:30pm	9am - 9:30pm	9am - 9:30pm	9am - 9:30pm	9am - 9:30pm	9am - 9:30pm	9am - 9:30pm
Fitness Centre & Cardio Area	Fitness Centre & Cardio Area	Fitness Centre & Cardio Area	Fitness Centre & Cardio Area	Fitness Centre & Cardio Area	Fitness Centre & Cardio Area	Fitness Centre & Cardio Area
Members and Drop-in Welcome	Members and Drop-in Welcome	Members and Drop-in Welcome	Members and Drop-in Welcome	Members and Drop-in Welcome	Members and Drop-in Welcome	Members and Drop-in Welcome

Please note the schedule is subject to change.

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