

UPPER SKEENA RECREATION CENTRE FITNESS SCHEDULE

NOVEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30am - 9:30pm		5:30am - 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.