

Saturna Recreation & Cultural Centre Gym Schedule – As at January, 2023

MONDAYS:

Pickleball Drills from 7:00- 9:00 AM
Active Living Fitness @ 9:00 – 10:00 AM
Young Children at Play from 3:00-5:00
SEEC from 6:00 onward as needed
Lions at 6:00 on the 4th Monday

TUESDAYS:

Mobility Plus Fitness @ 9:00 AM (start date still to be determined)
Strong Start is from 9:00 - 12:00 , in the Lounge & the gym as needed
Pickleball @ 4:00-6:00PM
SEEC @ 6:00

WEDNESDAYS:

Saturna School @ 2:00-3:00PM
Pickleball @ 4:00-6:30
Badminton @ 6:30-8:00 PM

THURSDAYS:

Active Living Fitness @ 9:00 – 10:00 AM
Pickleball Beginner Practice @ 10:30 AM
Strong Start is from 9:00 - 12:00 , in the Lounge & the gym as needed
Girl Guides @6:00 PM IN THE lounge and the Gym

FRIDAYS:

Pickleball Drills @ 7:00-9:00AM
Mobility Plus @ 9:00, (start date still to be determined)
Pickleball @ 4:00-6:30 PM

SATURDAYS:

Pickleball Lessons @ 2:00-3:00 if there is commitment
Pickleball @3:00 for players rated 3.0 or above

SUNDAYS:

Pickleball @2:00-5:00

Anyone wishing to use the gym should contact M. Gaines to make a booking to avoid any conflicts . mgaines0@icloud.com