

Fitness Centre

Women's Only Gym (KNA 17) & Sensory Friendly Gym (KNB 190) Winter 2025 Schedule

| January 2025 | | | | |
|--------------|----|----|----|----|
| M | T | W | Th | F |
| | | 1 | 2 | 3 |
| 6 | 7 | 8 | 9 | 10 |
| 13 | 14 | 15 | 16 | 17 |
| 20 | 21 | 22 | 23 | 24 |
| 27 | 28 | 29 | 30 | 31 |

| February 2025 | | | | |
|--------------------------------|----|----|----|----|
| M | T | W | Th | F |
| 3 | 4 | 5 | 6 | 7 |
| 10 | 11 | 12 | 13 | 14 |
| 17 | 18 | 19 | 20 | 21 |
| 24 | 25 | 26 | 27 | 28 |
| February 17: Family Day STAT | | | | |
| February 17 - 21: Reading Week | | | | |

| March 2025 | | | | |
|------------|----|----|----|----|
| M | T | W | Th | F |
| 3 | 4 | 5 | 6 | 7 |
| 10 | 11 | 12 | 13 | 14 |
| 17 | 18 | 19 | 20 | 21 |
| 24 | 25 | 26 | 27 | 28 |
| 31 | | | | |

| April 2025 | | | | |
|----------------------------|----|----|----|----|
| M | T | W | Th | F |
| | 1 | 2 | 3 | 4 |
| 7 | 8 | 9 | 10 | 11 |
| 14 | 15 | 16 | 17 | 18 |
| 21 | 22 | 23 | 24 | 25 |
| 28 | 29 | 30 | | |
| April 18: Good Friday STAT | | | | |
| April 21: Easter Monday | | | | |

| LEGEND | |
|--|--|
| Women's Only Gym (KNA 17): Mondays 1:00-3:00pm and Fridays 12:00-2:00pm & Sensory Friendly Gym (KNB 190): Mondays 3:00-5:00pm and Fridays 2:00-4:00pm | |
| Sensory Friendly Gym 4:00-5:00pm (Women's Only Gym is available 1:00-3:00pm) | |
| No Sensory Friendly Gym (Women's Only Gym is available 1:00-3:00pm) | |

*Schedule is subject to change without notice