

Fitness Centre

Women's Only (KNA 17) & Sensory Friendly (KNB 190) Workout Times Winter 2026 Schedule

January 2026					
M	T	W	Th	F	
				1	2
5	6	7	8	9	
12	13	14	15	16	
19	20	21	22	23	
26	27	28	29	30	

February 2026					
M	T	W	Th	F	
2	3	4	5	6	
9	10	11	12	13	
16	17	18	19	20	
23	24	25	26	27	

Term Break 16-20

March 2026					
M	T	W	Th	F	
2	3	4	5	6	
9	10	11	12	13	
16	17	18	19	20	
23	24	25	26	27	
30	31				

April 2026					
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		

LEGEND	
Women's Only Workout Times (KNA 17): Available from 2:00-4:00pm	
Sensory Friendly Workout Times (KNB 190): Mondays from 3:00-5:00pm & Wednesdays from 3:45-5:45pm	
Women's Only Workout Times: NOT AVAILABLE	
Sensory Friendly Workout Times (KNB 190): Available from 3:45-5:45pm	
Women's Only & Sensory Friendly Workout Times NOT AVAILABLE: Term Break	

*Schedule is subject to change without notice