

DROP-IN

Aqua Fitness Schedule

Maple Ridge Leisure Centre
11925 Haney Place

Effective Date: March 31 to June 30

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Deep Water 7:15 AM - 8:00 AM	Aqua Fit 8 AM - 9 AM Water Wellness 10 AM - 10:45 AM Aqua Zumba 7 PM - 8 PM	Aqua Fit 9 AM - 10 AM Parent + Tot 11 AM - 12 PM Aqua Fit 11:45 AM - 12:45 PM	Aqua Fit 8 AM - 9 AM Aqua Fit 12 PM - 12:45 PM Aqua Fit 7 PM - 8 PM	Aqua Fit 9 AM - 10 AM Aqua Fit 11:45 AM - 12:45 PM Deep Water 7:15 PM - 8 PM	Aqua Fit 8 AM - 9 AM Water Wellness 10 AM - 10:45 AM	

New Class Offering

MapleRidge.ca/DropInSchedules

Schedules are subject to change without notice



Maple Ridge