

DROP-IN

Aqua Fitness Schedule |

Maple Ridge Leisure Centre
11925 Haney Place

Effective Date: September 13 to December 18

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Deep Water 7:15 AM-8 AM	Aqua Fit 8 AM-9 AM Water Wellness 10:30 AM-11:15 AM Aqua HIIT 7:05 PM-7:55 PM	Aqua Fit 9 AM-10 AM Baby & Me AquaFit 11 AM-11:45 AM Aqua Fit 11:45 AM-12:45 PM	Aqua Fit 8 AM-9 AM Aqua Fit 12 PM-12:45 PM Aqua HIIT 7:05 PM-7:55 PM	Aqua Fit 9 AM-10 AM Aqua Fit 11:45 AM-12:45 PM	Aqua Fit 8 AM-9 AM Water Wellness 10:30 AM-11:15 AM	

Starting
Oct. 6

