

DROP-IN

Aqua Fitness Schedule

Effective Date: June 29 to September 7

Maple Ridge Leisure Centre

11925 Haney Place

Lc

Hammond Outdoor Pool

20601 Westfield Avenue

HOP

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Deep Water 7:15 AM-8 AM	Aqua Fit 8:05 AM-8:55 AM	Aqua Fit 9:05 AM-9:50 AM	Aqua Fit 8:05 AM-8:55 AM	Aqua Fit 9:05 AM-9:50 AM	Aqua Fit 8:05 AM-8:55 AM	
	Water Wellness 11:05 AM-11:50 AM		Aqua Fit 11:05 AM-11:50 AM		Water Wellness 11:05 AM-11:50 AM	
	Aqua Fit 7:05 PM-7:55 PM	Aqua Fit 12:05 PM-12:55 PM	Aqua Fit 7:05 PM-7:55 PM	Aqua Fit 12:05 PM-12:55 PM		

MapleRidge.ca/DropInSchedules

Schedules are subject to
change without notice



Maple Ridge

