

WEIGHT ROOM SCHEDULE

Effective December 21, 2024 - January 5, 2025



For holiday hours and our most current schedule visit panoramarecreation.ca or scan the QR Code.

15 yrs+ (13 -15 yrs with Regional Weight Room Orientation course).



SATURDAY DEC 20	SUNDAY DEC 21	MONDAY DEC 22	TUESDAY DEC 23	WEDNESDAY DEC 24	THURSDAY DEC 25	FRIDAY DEC 26	SATURDAY DEC 27
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@ Panorama Recreation Centre

Weight Room 7am-8:30pm	Weight Room 7am-8:30pm	Weight Room 6am-9:30pm	Weight Room 6am-9:30pm	Weight Room 6am-2:30pm	Closed	Weight Room 11am-5pm	Weight Room 7am-8:30pm
Supervised 8am-12pm 4:30-8:30pm	Supervised 8am-12pm 4:30-8:30pm	Supervised 7-9am 4-9:30pm	Supervised 8-10am 3-6pm 4-9:30pm	Supervised 6am-1pm	Closed	Supervised 12-5pm	Supervised 8am-12pm 4:30-8:30pm

@ Greenglade Community Centre

Weight Room 9am-3pm	Weight Room 9am-3pm	Weight Room 8am-8pm	Weight Room 8am-8pm	Weight Room 8am-2:30pm	Closed	Closed	Weight Room 9am-3pm
		Supervised 10am-12pm	Supervised 8am-10pm	Supervised 10am-12pm	Closed	Closed	

SUNDAY DEC 28	MONDAY DEC 29	TUESDAY DEC 30	WEDNESDAY DEC 31	THURSDAY JAN 1	FRIDAY JAN 2	SATURDAY JAN 3	SUNDAY JAN 4
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@ Panorama Recreation Centre

Weight Room 7am-8:30pm	Weight Room 6am-9:30pm	Weight Room 6am-9:30pm	Weight Room 6am-5pm	Weight Room 11am-5pm	Weight Room 6am-9:30pm	Weight Room 7am-8:30pm	Weight Room 7am-8:30pm
Supervised 8am-12pm 4:30-8:30pm	Supervised 7-9am 4-9:30pm	Supervised 7-9am 3-6pm 4-9:30pm	Supervised 8am-5pm	Supervised 12am-5pm	Supervised 7-9am 4-9:30pm	Supervised 8am-12pm 4:30-8:30pm	Supervised 8am-12pm 4:30-8:30pm

@ Greenglade Community Centre

Weight Room 9am-3pm	Weight Room 8am-8pm	Weight Room 8am-8pm	Weight Room 8am-5pm	Closed	Weight Room 8am-8pm	Weight Room 9am-3pm	Weight Room 9am-3pm
	Supervised 10am-12pm	Supervised 8-10am	Supervised 10am-12pm	Closed			



FITNESS SCHEDULE

Effective December 20, 2025 - January 4, 2026



Holiday hours in effect for Dec 24, 25, 26, 31 & Jan 1.

For holiday hours and our most current schedule visit panoramarecreation.ca or scan the QR Code. Schedule subject to change without notice.



@ Panorama Recreation Centre or GG - Greenglade Community Centre

SATURDAY DEC 20	SUNDAY DEC 21	MONDAY DEC 22	TUESDAY DEC 23	WEDNESDAY DEC 24	THURSDAY DEC 25	FRIDAY DEC 26	SATURDAY DEC 27
Spin 8:15-9am		Bootcamp 6-6:45am	Spin 8-8:45am	Bootcamp 6-6:45am	Christmas Day Closed	Boxing Day Open No classes	Spin 8:15-9am
Spin 9:15-10am	Jazzercise 8:15-9:15am	Fitness Yoga 8-9am (GG)	TBC 9-10am	Fitness Yoga 8-9am (GG)			Spin 9:15-10am
TBC 9:15-10:15am (GG)	Sports Step 9:30-10:30am	TBC 9-10am	Moving on Up 9-10am (GG)	Spin 9-9:45am			TBC 9:15-10:15am (GG)
Jazzercise 10:15-11:15am		Spin and Strength 12-1pm	TRX 10:30-11:30am	Spin and Strength 12-1pm			Jazzercise 10:15-11:15am
Fitness Yoga 10:30-11:30am (GG)		HIIT 6-6:45pm	Hatha Yoga 5:15-6:15pm (GG)	TBC 1:15-2:15pm			Fitness Yoga 10:30-11:30am (GG)
		Jazzercise 7-8pm	HIIT 6-6:45pm				

SUNDAY DEC 28	MONDAY DEC 29	TUESDAY DEC 30	WEDNESDAY DEC 31	THURSDAY JAN 1	FRIDAY JAN 2	SATURDAY JAN 3	SUNDAY JAN 4
	Bootcamp 6-6:45am	Spin 8-8:45am	Bootcamp 6-6:45am	New Years Day No classes	Bootcamp 6-6:45am	Spin 8-8:45am	
Jazzercise 8:15-9:15am	Fitness Yoga 8-9am (GG)	TBC 9-10am	Fitness Yoga 8-9am (GG)		Fitness Yoga 8-9am (GG)	Spin 9-10am	Jazzercise 8:15-9:15am
Sports Step 9:30-10:30am	TBC 9-10am	Moving on Up 9-10am (GG)	Spin 9-9:45am		TRX 9-10am	TBC 9:15-10:15am (GG)	Sports Step 9:30-10:30am
	Spin and Strength 12-1pm	TRX 10:30-11:30am	Spin and Strength 12-1pm		Spin and Strength 12-1pm	Jazzercise 10:15-11:15am	
	HIIT 6-6:45pm	Hatha Yoga 5:15-6:15pm (GG)	TBC 1:15-2:15pm		TBC 1:15-2:15pm	Fitness Yoga 10:30 - 11:30am (GG)	
	Jazzercise 7-8pm	HIIT 6-6:45pm			Punch & Power 5:15-6:15pm		

Visit us online at panoramarecreation.ca for fitness class descriptions.

*Hatha Yoga - \$14.25 drop-in or swipe of an Active Pass, **Jazzercise - \$15 drop-in

Oops! Despite our best efforts, errors to published information may occur and schedules may change with short notice. In the event of an error or schedule change, the information provided by our receptionists will be deemed accurate. We apologize for any inconvenience.



panoramarecreation.ca



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2025-11-24