

# **Fall 2023 Functional Studio**

## **Quiet Hours:**

Oct 30<sup>th</sup>- Dec 23<sup>rd</sup>, 2023

The Functional Studio will remain open during our Yoga classes for quiet practice. Users are asked to respect the Yoga students and limit loud and heavy training while the class is taking place. Studio will be closed during class times held in the studio itself.

Mon 5:15-6:15 pm **Closed for class.**

Tue 10:30-11:30 am

Tues 6:30-7:30 pm

Thurs 10:30-11:30 am

Thu 5:15-6:15 pm



Canada Games  
Aquatic Centre

Centre Aquatique  
Jeux du Canada