

Gordon Head Recreation Centre

☎ 250-475-7100

Effective: December 22 – 28, 2025

Reserved Drop-In Fitness Schedule

Schedule is subject to change

	MON, Dec. 22	TUE, Dec. 23	WED, Dec. 24	THU, Dec. 25	FRI, Dec. 26	SAT, Dec. 27	SUN, Dec. 28
Facility Hours	6am-10pm	6am-10pm	6am-2pm	CLOSED	CLOSED	6am-9pm	6am-9pm
CycleFit		6:15-7am					
Core and More	8-8:50am		8-8:50am				
Circuit						8:45-9:45am	
Body Sculpt	9-10am						
HIIT Express		9-9:45am	9-9:45am				

Gordon Head Recreation Centre

☎ 250-475-7100

Effective Dec 29, 2025 – Jan 4, 2026

Reserved Drop-In Fitness Schedule

Schedule is subject to change

	MON, Dec. 29	TUE, Dec. 30	WED, Dec. 31	THU. Jan 1	FRI, Jan 2	SAT, Jan 3	SUN, Jan 4
Facility Hours	6am-10pm	6am-10pm	6am-2pm	CLOSED	6am-10pm	6am-9pm	6am-9pm
CycleFit		6:15-7am			6:15-7am		
Core and More	8-8:50am		8-8:50am		8-8:50am		
Circuit					9-10am	8:45-9:45am	
Body Sculpt	9-10am						
HIIT Express		9-9:45am	9-9:45am				
Basic Yoga					5:30pm		

For classes running January 5th please refer to the Winter/Spring 2026 Reserved Fitness Drop in Schedule or Reserved Drop In Cycle Schedule