

POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	
All Lanes Open 6-10AM		All Lanes Open 6-9AM		All Lanes Open 6-9AM	
10:10am Aqua (Mel 45min)		10:10am Aqua (Tracy 45min)		9:10am Aqua Bootcamp (Mel 45min)	
Pool Open Lanes 1-6 11:00am - 12:00pm		Pool Open Lanes 1-6 10:00am - 11:00pm		Pool Open Lanes 1-6 10:00am -12:00pm	
12:00pm Masters (Mel 60min) Lanes 4-6	Pool Open Lanes 1-6 11:00am - 8:45pm		Pool Open Lanes 1-6 6:00am- 8:45pm		12:00pm Masters (Mel 60min) Lanes 4-6
Pool Open Lanes 1-3					Pool Open Lanes 1-3
Pool Open Lanes 4-6		Pool Open 1:00pm -8:45pm		Pool Open Lanes 1-6 1:00pm-8:45pm	
5:30pm Aqua Lanes 1-3 (Krista 45min)					
Pool Open Lanes 1-6 6:15pm-8:45pm					

***All Pool Lanes are open on Saturday and Sunday 8:00am-3:45pm**

Aqua – You pick the intensity, and the instructor will lead you through a mixture of cardio, core and strength workouts. Swimming ability not required. Limit of 30.
 Aqua Bootcamp - Break out all the water drills! This aqua class is the perfect solution for people wanting to work hard, yet stay in a low impact program. Limit of 30
 Masters Swim - Swimmers of all levels of ability, from swimming for general health and enjoyment to competition are welcome in this program. Limit of 9 (Lanes 4-6)

Cycle Studio Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycle Studio Open 6:00am - 9:00pm	Cycle Studio Open 6:00am - 5:30pm	Cycle Studio Open 6:00am - 9:00pm	Cycle Studio Open 6:00am - 5:30pm	Cycle Studio Open 6:00am - 9:00pm	Open 8am-9am
	5:30pm Pedal Power (Frances 50min)		5:30pm Pedal Party/Core (Frances 50min)		9:00am Ride and Shine (Frances 50min)
	Cycle Studio Open 6:15pm - 9:00pm		Cycle Studio Open 6:00pm - 9:00pm		Cycle Studio Open 10:00am - 4:00pm

Cycle Studio/ Pool Room Schedule



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info@pefac.ca

Legend (for Online Viewing)

Yellow = Room CLOSED
for Rental

Blue = Kids/ Aquatics Program

Purple = Group Fitness Class

Cycle (Pedal Power/Pedal Party/Ride and Shine) - Moderate to Challenging classes targeting your energy zones, with a focus on endurance, strength, intervals, high intensity and recovery. Pedal Party features a 15min core workout at end.

Limit of 10.