

Gentle Circuit Schedule Tournament Capital Centre



May 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8-9am PRO 9-10am GC	2 8-9am GC	3 9-10am GC	4
5	6 (8-9am PRO- Class Cancelled) 9-10am GC	7 8-9am GC	8 8-9am PRO 9-10am GC	9 8-9am GC	10 9-10am GC	11
12	13 (8-9am PRO- Class Cancelled) 9-10am GC	14 8-9am GC	15 8-9am PRO 9-10am GC	16 8-9am GC	17 9-10am GC	18
19	20 Class Cancelled (Victoria Day)	21 8-9am GC	22 8-9am PRO 9-10am GC	23 8-9am GC	24 9-10am GC	25
26	27 8-9am PRO 9-10am GC	28 8-9am GC	29 8-9am PRO 9-10am GC	30 8-9am GC	31 9-10am GC	

June 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 8-9am PRO 9-10am GC	4 Class Cancelled	5 Class Cancelled	6 Class Cancelled	7 Class Cancelled	8
9	10 8-9am PRO 9-10am GC	11 8-9am GC	12 8-9am PRO 9-10am GC	13 8-9am GC	14 9-10am GC	15
16	17 8-9am PRO 9-10am GC	18 8-9am GC	19 8-9am PRO 9-10am GC	20 8-9am GC	21 9-10am GC	22
23/30	24 (8-9am PRO- Class Cancelled) 9-10am GC	25 8-9am GC	26 (8-9am PRO- Class Cancelled) 9-10am GC	27 8-9am GC	28 9-10am GC	29

For up-to-date facility closures/drop in basketball schedule/indoor track schedule, visit www.tournamentcapital.com, or contact (250) 828-3500. Please note, this schedule is subject to change without notice. Gentle Circuit participants are required to purchase a track pass, and GC Upgrade Punch Pass. Please obtain a Gentle Circuit coloured ticket prior to coming to class. Tickets will be collected by the instructor prior to class.

Gentle Circuit (GC) takes place on the EZ Line Equipment

GC Pro: Mondays & Wednesdays - North Court (unless otherwise indicated)