

Gentle Circuit Schedule Tournament Capital Centre



March 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9-10am GC	2
3	4 8-9am PRO 9-10am GC	5 8-9am GC	6 8-9am PRO 9-10am GC	7 8-9am GC	8 9-10am GC	9
10	11 8-9am PRO 9-10am GC	12 8-9am GC	13 8-9am PRO 9-10am GC	14 Class Cancelled	15 Class Cancelled	16
17	18-22 No Class – Spring Break					23
24	25-29 No Class					30

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

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)