

Gentle Circuit Schedule Tournament Capital Centre



January 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7 8-9am PRO 9-10am	8 8-9am	9 8-9am PRO 9-10am	10 8-9am	11 9-10am	12
13	14 8-9am PRO 9-10am	15 8-9am	16 8-9am PRO 9-10am	17 8-9am	18 9-10am	19
20	21 8-9am PRO 9-10am	22 8-9am	23 8-9am PRO 9-10am	24 8-9am	25 9-10am	26
27	28 8-9am PRO 9-10am	29 8-9am	30 8-9am PRO 9-10am	31 8-9am		

February 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9-10am	2
3	4 8-9am PRO 9-10am	5 8-9am	6 8-9am PRO 9-10am	7 8-9am	8 9-10am	9
10	11 8-9am PRO 9-10am	12 8-9am	13 8-9am PRO 9-10am	14 8-9am	15 9-10am	16
17	18 Class Cancelled Family Day @ TCC 10-2pm	19 8-9am	20 8-9am PRO 9-10am	21 8-9am	22 9-10am	23
24	25 8-9am PRO 9-10am	26 8-9am	27 8-9am PRO 9-10am	28 8-9am		

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.

GC Pro: Mondays – North Court; Wednesdays – Middle Court (unless otherwise indicated)