

Gentle Circuit Schedule Tournament Capital Centre



September 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	8-9am PRO 9-10am GC	8-9am GC	8-9am PRO 9-10am GC	8-9am GC	9-10am GC	14
15	8-9am PRO 9-10am GC	8-9am GC	8-9am PRO 9-10am GC	8-9am GC	Class Cancelled	21
22	8-9am PRO 9-10am GC	8-9am GC	8-9am PRO 9-10am GC	8-9am GC	9-10am GC	28
29	8-9am PRO 9-10am GC					

October 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8-9am GC	2 8-9am PRO 9-10am GC	3 8-9am GC	4 9-10am GC	5
6	8-9am PRO 9-10am GC	8-9am GC	8-9am PRO 9-10am GC	Class Cancelled	Class Cancelled	12
13	Class Cancelled (Thanksgiving)	8-9am GC	Class Cancelled	8-9am GC	9-10am GC	19
20	8-9am PRO 9-10am GC	8-9am GC	8-9am PRO 9-10am GC	8-9am GC	Class Cancelled	26
27	8-9am PRO 9-10am GC	8-9am GC	8-9am PRO 9-10am GC	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)