

BELLEDUNE MUNICIPAL GYMNASIUM

- Week of Jan 7 – Jan 11, 2019 ***Parents and participants remember to sign-off Informed Consent form***

Time:	Monday Jan 7	Tuesday Jan 8	Wednesday Jan 9	Thursday Jan 10	Friday Jan 11
08:00am-10:00am	Closed	Closed	Closed	Closed	Closed
10:00am-12:00pm	Open gym	Open gym	Open gym	Open gym	Open gym
12:00pm-1:00pm	Closed	Closed	Closed	Closed	Closed
1:00pm-3:00pm	Open gym	Open gym	Open gym	Open gym	Open gym
3:00pm-4:00pm	Open gym	Open gym	Open gym	Open gym	Open gym
4:00pm-6:00pm	Closed	Closed	Closed	Closed	Closed
6:00pm-7:00pm	Indoor Youth Soccer & Biggest Loser Weigh-in	Yoga - Gentle	Pickle ball - adult		Parent/Kid Activity
6:30pm-7:15pm				Fitness/Bootcamp	
7:00pm-8:00pm	Floor Curling or Pickle Ball	Yoga - Adult	Badminton		Pickle Ball
7:30pm-8:15pm				Fitness/Bootcamp	

Please remember to put away all equipment and clean up any garbage

Any questions or concerns please contact me! Cell 520-9322 or dculligan@belledune.com Darrell Culligan

BELLEDDUNE MUNICIPAL GYMNASIUM

- Week of Jan 14 – Jan 18, 2019 ***Parents and participants remember to sign-off Informed Consent form***

Time:	Monday Jan 14	Tuesday Jan 15	Wednesday Jan 16	Thursday Jan 17	Friday Jan 18
08:00am-10:00am	Closed	Closed	Closed	Closed	Closed
10:00am-12:00pm	Open gym	Open gym	Open gym	Open gym	Open gym
12:00pm-1:00pm	Closed	Closed	Closed	Closed	Closed
1:00pm-3:00pm	Open gym	Open gym	Open gym	Open gym	Open gym
3:00pm-4:00pm	Open gym	Open gym	Open gym	Open gym	Open gym
4:00pm-6:00pm	Closed	Closed	Closed	Closed	Closed
6:00pm-7:00pm	Indoor Youth Soccer & Biggest Loser Weigh-in	Yoga - Gentle	Pickle ball		Parent/Kid Activity
6:30pm-7:15pm				Fitness/Bootcamp	
7:00pm-8:00pm	Floor Curling or Pickle Ball	Yoga - Adult	Badminton		Pickle Ball
7:30pm-8:15pm				Fitness/Bootcamp	

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BELLEDUNE MUNICIPAL GYMNASIUM

- Week of Jan 21 – Jan 25, 2019 ***Parents and participants remember to sign-off Informed Consent form***

Time:	Monday Jan 21	Tuesday Jan 22	Wednesday Jan 23	Thursday Jan 24	Friday Jan 25
08:00am-10:00am	Closed	Closed	Closed	Closed	Closed
10:00am-12:00pm	Open gym	Open gym	Open gym	Open gym	Open gym
12:00pm-1:00pm	Closed	Closed	Closed	Closed	Closed
1:00pm-3:00pm	Open gym	Open gym	Open gym	Open gym	Open gym
3:00pm-4:00pm	Open gym	Open gym	Open gym	Open gym	Open gym
4:00pm-6:00pm	Closed	Closed	Closed	Closed	
6:00pm-7:00pm	Indoor Youth Soccer & Biggest Loser Weigh-in	Yoga – Gentle with Sunny Bosca	Parent/Kid Activity		Pickle ball
6:30pm-7:15pm				Fitness/Bootcamp with Andre Lanteigne	
7:00pm-8:00pm	Open Gym-walk, Run, Play	Yoga – Adult with Sunny Bosca	Pickle Ball		Badminton
7:30pm-8:15pm				Fitness/Bootcamp with Andre Lanteigne	

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BELLEDDUNE MUNICIPAL GYMNASIUM

- Week of Jan 28 – Feb 1, 2019 ***Parents and participants remember to sign-off Informed Consent form***

Time:	Monday Jan 28	Tuesday Jan 29	Wednesday Jan 30	Thursday Jan 31	Friday Feb 1
08:00am-10:00am	Closed	Closed	Closed	Closed	Closed
10:00am-12:00pm	Open gym	Open gym	Open gym	Open gym	Open gym
12:00pm-1:00pm	Closed	Closed	Closed	Closed	Closed
1:00pm-3:00pm	Open gym	Open gym	Open gym	Open gym	Open gym
3:00pm-4:00pm	Open gym	Open gym	Open gym	Open gym	Open gym
4:00pm-6:00pm	Closed	Closed	Closed	Closed	
6:00pm-7:00pm	Indoor Youth Soccer & Biggest Loser Weigh-in	Yoga – Gentle with Sunny Bosca	Pickle Ball		Parent/Kid Activity
6:30pm-7:15pm				Fitness/Bootcamp – low impact with Andre Lanteigne	
7:00pm-8:00pm	Badminton or Pickle Ball	Yoga – Core & Balance with Sunny Bosca	Badminton		Open Gym-walk, Run, Play
7:30pm-8:15pm				Fitness/Bootcamp – high Impact with Andre Lanteigne	

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