



17 Wing Detachment Dundurn Gym Schedule

Public use of gymnasium floor may be subject to change if any private bookings.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
0800	Military PT *Closed to the public		Military PT *Closed to the public		Military PT *Closed to the public	Public Gym
0830						
0900	Public Gym	Public Gym	Public Gym	Public Gym	Public Gym	
0930				Daycare 1000-1130		
1000						
1030			Public Gym			
1100						
1130						
1200			Yoga 1200-1300			
1230			Public Gym			
1300						
1330						
1400						
1430						
1500	CFAD PT *Closed to the public					
1530	1500-1600					
1600	Public Gym	Public Gym	Public Gym	Public Gym	Public Gym	
1630						
1700	Pilates 1730-1830		Spinlates 1730-1830			
1730						
1800	Public Gym					
1830						
1900						
1930						
2000						
2100	Gym closed					

