

Lawson Civic Centre, Week: Feb 15 - Feb 21

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Program Description	Sunday, Feb 15	Monday, Feb 16	Tuesday, Feb 17	Wednesday, Feb 18	Thursday, Feb 19	Friday, Feb 20	Saturday, Feb 21
Lawson Aqua Walk - Shallow	4:00 PM-5:00 PM		6:15 AM-8:00 AM 10:45 AM-1:00 PM 9:00 PM-9:45 PM	6:15 AM-8:00 AM 11:45 AM-1:00 PM 9:00 PM-9:45 PM	6:15 AM-8:00 AM 10:45 AM-1:00 PM 9:00 PM-9:45 PM	6:15 AM-8:00 AM 11:45 AM-2:00 PM	4:30 PM-5:30 PM 4:45 PM-5:30 PM
Lawson Lane Swim	4:00 PM-5:00 PM		6:15 AM-8:00 AM 9:00 PM-9:45 PM	6:15 AM-8:00 AM 11:45 AM-1:00 PM 9:00 PM-9:45 PM	6:15 AM-8:00 AM 9:00 PM-9:45 PM	6:15 AM-8:00 AM 11:45 AM-2:00 PM	4:30 PM-5:30 PM
Lawson Aqua Walk - Deep	4:00 PM-5:00 PM		6:15 AM-10:00 AM 10:00 AM-1:00 PM 7:15 PM-9:45 PM	6:15 AM-10:00 AM 10:00 AM-1:00 PM 9:00 PM-9:45 PM	6:15 AM-10:00 AM 10:00 AM-1:00 PM 7:15 PM-9:45 PM	6:15 AM-10:00 AM 10:00 AM-2:00 PM	4:30 PM-5:30 PM
Lawson Hot Tub	10:00 AM-5:30 PM		6:15 AM-1:00 PM 7:15 PM-9:45 PM	6:15 AM-4:15 PM 7:00 PM-9:45 PM	6:15 AM-4:15 PM 7:15 PM-9:45 PM	6:15 AM-8:45 PM 3:00 PM-4:15 PM 7:00 PM-8:45 PM	9:00 AM-10:15 AM 1:00 PM-5:30 PM
Lawson Sauna	10:00 AM-5:30 PM		6:15 AM-9:45 PM	6:15 AM-9:45 PM	6:15 AM-9:45 PM	6:15 AM-8:45 PM	9:00 AM-5:30 PM
Lawson Fitness & Weight Room	10:00 AM-5:30 PM		6:15 AM-9:45 PM	6:15 AM-9:45 PM	6:15 AM-9:45 PM	6:15 AM-8:45 PM	9:00 AM-5:30 PM
Lawson Parented Splash Time (children 5 & under only)					8:00 AM-1:00 PM	8:00 AM-12:30 PM	
Lawson Parented Splash Time (children 5 and under only)	4:00 PM-5:00 PM		8:00 AM-1:00 PM 7:15 PM-9:00 PM	8:00 AM-1:00 PM	7:15 PM-9:00 PM		9:00 AM-9:55 AM 4:30 PM-5:30 PM
Lawson Indoor Playground	10:00 AM-4:30 PM		9:00 AM-9:00 PM	9:00 AM-9:00 PM	9:00 AM-9:00 PM	9:00 AM-8:45 PM	9:00 AM-10:00 AM 1:00 PM-5:30 PM

Program Description	Sunday, Feb 15	Monday, Feb 16	Tuesday, Feb 17	Wednesday, Feb 18	Thursday, Feb 19	Friday, Feb 20	Saturday, Feb 21
Lawson Cardio & Sculpt				9:00 AM-10:00 AM 6:00 PM-7:00 PM			
Lawson Muscle Sculpt			7:00 PM-8:00 PM	10:30 AM-11:30 AM	7:00 PM-8:00 PM		9:15 AM-10:15 AM
Lawson Family Swim - NO WAVES	10:00 AM-12:00 PM						
Lawson Family Swim - WAVES - STAT		10:00 AM-1:00 PM					
Lawson Hot Tub - STAT		10:00 AM-4:30 PM					
Lawson Sauna - STAT		10:00 AM-4:30 PM					
Lawson Fitness & Weight Room - STAT		10:00 AM-4:30 PM					
Lawson Indoor Playground - STAT		10:00 AM-4:30 PM					
Lawson Functional Fitness			12:15 PM-1:15 PM		10:30 AM-11:30 AM		
Lawson Lane Swim - BONUS			10:45 AM-1:00 PM		10:45 AM-1:00 PM	12:30 PM-2:00 PM	
Lawson Family Swim - WAVES	12:00 PM-1:00 PM						
Lawson Parented Splash Time (children 5 & under only) - BONUS						12:30 PM-2:00 PM	

Program Description	Sunday, Feb 15	Monday, Feb 16	Tuesday, Feb 17	Wednesday, Feb 18	Thursday, Feb 19	Friday, Feb 20	Saturday, Feb 21
Lawson Public Swim	1:00 PM-4:00 PM			7:00 PM-9:00 PM	1:00 PM-7:10 PM	2:00 PM-7:00 PM 7:00 PM-8:45 PM	1:00 PM-4:30 PM
Lawson Public Swim - BONUS			1:00 PM-7:10 PM	1:00 PM-4:15 PM 4:15 PM-7:10 PM			
Lawson Public Swim - STAT		1:00 PM-4:30 PM					
Lawson Hot Tub - BONUS			1:00 PM-7:15 PM	4:15 PM-7:00 PM	4:15 PM-7:15 PM	4:15 PM-7:00 PM	
Lawson Aqua Fitness	10:15 AM-11:00 AM		8:05 AM-8:50 AM 9:00 AM-9:45 AM 9:55 AM-10:40 AM 8:15 PM-9:00 PM	8:05 AM-8:50 AM 9:00 AM-9:45 AM 9:55 AM-10:40 AM	8:05 AM-8:50 AM 9:00 AM-9:45 AM 9:55 AM-10:40 AM 8:15 PM-9:00 PM	8:05 AM-8:50 AM 9:00 AM-9:45 AM 9:55 AM-10:40 AM	9:15 AM-10:00 AM
Lawson Chair Yoga			10:45 AM-11:45 AM		9:00 AM-10:00 AM	10:30 AM-11:30 AM	
Mat Pilates			9:00 AM-10:00 AM				
Lawson Fitness Yoga			5:45 PM-6:45 PM	7:15 PM-8:15 PM	12:15 PM-1:15 PM	6:00 PM-7:00 PM	10:30 AM-11:30 AM
Lawson Gentle Aqua Fitness				10:50 AM-11:35 AM		10:50 AM-11:35 AM	
Lawson Fitness Yoga - STAT		11:00 AM-12:00 PM					
Lawson Aqua HIIT	11:10 AM-11:55 AM		7:15 PM-8:00 PM		7:15 PM-8:00 PM		
Lawson Gentle Fitness Yoga				12:15 PM-1:00 PM			

Lawson Civic Centre, Week: Feb 22 - Feb 28

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Program Description	Sunday, Feb 22	Monday, Feb 23	Tuesday, Feb 24	Wednesday, Feb 25	Thursday, Feb 26	Friday, Feb 27	Saturday, Feb 28
Lawson Aqua Walk - Shallow	4:00 PM-5:00 PM	6:15 AM-8:00 AM 11:45 AM-4:15 PM 9:00 PM-9:45 PM	6:15 AM-8:00 AM 11:45 AM-1:00 PM 3:00 PM-4:15 PM 9:00 PM-9:45 PM	6:15 AM-8:00 AM 12:45 PM-2:30 PM 9:00 PM-9:45 PM	6:15 AM-8:00 AM 11:45 AM-1:00 PM 9:00 PM-9:45 PM	6:15 AM-8:00 AM 3:00 PM-4:15 PM	4:30 PM-5:30 PM 4:45 PM-5:30 PM
Lawson Lane Swim	4:00 PM-5:00 PM	6:15 AM-8:00 AM 11:45 AM-4:15 PM 9:00 PM-9:45 PM	6:15 AM-8:00 AM 11:45 AM-1:00 PM 3:00 PM-4:15 PM 9:00 PM-9:45 PM	6:15 AM-8:00 AM 11:45 AM-2:30 PM 9:00 PM-9:45 PM	6:15 AM-8:00 AM 11:45 AM-1:00 PM 9:00 PM-9:45 PM	6:15 AM-8:00 AM 11:45 AM-1:00 PM 3:00 PM-4:15 PM	4:30 PM-5:30 PM
Lawson Aqua Walk - Deep	4:00 PM-5:00 PM	6:15 AM-4:15 PM 7:15 PM-9:45 PM	6:15 AM-1:00 PM 3:00 PM-4:15 PM 7:15 PM-9:45 PM	6:15 AM-2:30 PM 9:00 PM-9:45 PM	6:15 AM-1:00 PM 7:15 PM-9:45 PM	6:15 AM-1:00 PM 3:00 PM-4:15 PM	4:30 PM-5:30 PM
Lawson Hot Tub	10:00 AM-5:30 PM	6:15 AM-4:15 PM 7:15 PM-9:45 PM	6:15 AM-1:00 PM 3:00 PM-4:15 PM 7:15 PM-9:45 PM	6:15 AM-4:00 PM 7:00 PM-9:45 PM	6:15 AM-4:15 PM 7:15 PM-9:45 PM	6:15 AM-1:00 PM 3:00 PM-4:15 PM 7:00 PM-8:45 PM	9:00 AM-10:15 AM 1:00 PM-5:30 PM
Lawson Sauna	10:00 AM-5:30 PM	6:15 AM-9:45 PM	6:15 AM-9:45 PM	6:15 AM-9:45 PM	6:15 AM-9:45 PM	6:15 AM-8:45 PM	9:00 AM-5:30 PM
Lawson Fitness & Weight Room	10:00 AM-5:30 PM	6:15 AM-9:45 PM	6:15 AM-9:45 PM	6:15 AM-9:45 PM	6:15 AM-9:45 PM	6:15 AM-8:45 PM	9:00 AM-5:30 PM
Lawson Parented Splash Time (children 5 and under only)	4:00 PM-5:00 PM	8:00 AM-4:15 PM 7:15 PM-9:00 PM	8:00 AM-1:00 PM 3:00 PM-4:15 PM 7:15 PM-9:00 PM	8:00 AM-2:30 PM	8:00 AM-1:00 PM 7:15 PM-9:00 PM	8:00 AM-1:00 PM 3:00 PM-4:15 PM	9:00 AM-9:55 AM 4:30 PM-5:30 PM
Lawson Indoor Playground	10:00 AM-4:30 PM	9:00 AM-4:15 PM 7:00 PM-9:00 PM	9:00 AM-4:15 PM 7:00 PM-9:00 PM	9:00 AM-4:15 PM 7:00 PM-9:00 PM	9:00 AM-4:15 PM 7:00 PM-9:00 PM	9:00 AM-4:15 PM 7:00 PM-8:45 PM	9:00 AM-10:00 AM 1:00 PM-5:30 PM
Lawson Cardio & Sculpt		9:00 AM-10:00 AM 6:00 PM-7:00 PM		9:00 AM-10:00 AM 6:00 PM-7:00 PM			

Program Description	Sunday, Feb 22	Monday, Feb 23	Tuesday, Feb 24	Wednesday, Feb 25	Thursday, Feb 26	Friday, Feb 27	Saturday, Feb 28
Lawson Muscle Sculpt			7:00 PM-8:00 PM	10:30 AM-11:30 AM	7:00 PM-8:00 PM	9:00 AM-10:00 AM	9:15 AM-10:15 AM
Lawson Family Swim - NO WAVES	10:00 AM-12:00 PM						
Lawson Functional Fitness			12:15 PM-1:15 PM		10:30 AM-11:30 AM		
Lawson Family Swim - WAVES	12:00 PM-1:00 PM						
Lawson Low Impact & Sculpt		12:15 PM-1:00 PM					
Lawson Public Swim	1:00 PM-4:00 PM			7:00 PM-9:00 PM	1:00 PM-4:15 PM	7:00 PM-8:45 PM	1:00 PM-4:30 PM
Lawson Sensory Friendly Public Swim				2:30 PM-4:00 PM			
Lawson Aqua Fitness	10:15 AM-11:00 AM	8:05 AM-8:50 AM 9:00 AM-9:45 AM 9:55 AM-10:40 AM 7:15 PM-8:00 PM 8:15 PM-9:00 PM	8:05 AM-8:50 AM 9:00 AM-9:45 AM 9:55 AM-10:40 AM 8:15 PM-9:00 PM	8:05 AM-8:50 AM 9:00 AM-9:45 AM 9:55 AM-10:40 AM	8:05 AM-8:50 AM 9:00 AM-9:45 AM 9:55 AM-10:40 AM 8:15 PM-9:00 PM	8:05 AM-8:50 AM 9:00 AM-9:45 AM 9:55 AM-10:40 AM	9:15 AM-10:00 AM
Lawson Chair Yoga			10:45 AM-11:45 AM		9:00 AM-10:00 AM	10:30 AM-11:30 AM	
Mat Pilates			9:00 AM-10:00 AM				
Lawson Fitness Yoga		10:30 AM-11:30 AM 7:15 PM-8:15 PM	5:45 PM-6:45 PM	7:15 PM-8:15 PM	12:15 PM-1:15 PM	6:00 PM-7:00 PM	10:30 AM-11:30 AM
Lawson Gentle Aqua Fitness		10:50 AM-11:35 AM		10:50 AM-11:35 AM		10:50 AM-11:35 AM	
Lawson Aqua HIIT	11:10 AM-11:55 AM		7:15 PM-8:00 PM		7:15 PM-8:00 PM		

Program Description	Sunday, Feb 22	Monday, Feb 23	Tuesday, Feb 24	Wednesday, Feb 25	Thursday, Feb 26	Friday, Feb 27	Saturday, Feb 28
Lawson Gentle Fitness Yoga				12:15 PM-1:00 PM			
Lawson Find Your Fit				6:45 PM-8:15 PM			