

Breslau Recreation Association's Winter 2012 Programs

	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
	Gym A	Gym B	Gym A	Gym B	Gym A	Gym B	Gym A	Gym B	Gym A	Gym B	Gym A	Gym B	Gym A	Gym B	
7:30			Walking Group (Iva) 7:30-9:00am		Walking Group (Iva) 7:30-9:00am		Walking Group (Iva) 7:30-9:00am		Walking Group (Iva) 7:30-9:00am		Walking Group (Iva) 7:30-9:00am				7:30
8:00													Bootcamp (Deb) 8:00-8:50am		8:00
8:30															8:30
9:00													Indoor Soccer (3-5) (Nick) 9:00-9:45am		9:00
9:30					Post-Natal Aerobics (Lynda) 9:30-10:20am						Come Read With Me (2 and up) (Region of Waterloo Library) 9:30-10:15am		Early Dance (3-5) (Rachel) 10:00-10:30am		9:30
10:00											Friday Morning Playgroup (0-5) 10:15-11:15am		Early Dance (3-5) (Rachel) 10:30-11:00am		10:00
10:30					Zumba Gold (Lynda) 10:30-11:20am										10:30
11:00															11:00
11:30	Interval Training (Deb) 11:30am-12:20pm										Bootcamp (Deb) 12:15-1:00pm				11:30
12:00					Muscle (Deb) 12:15-1:00pm		Bootcamp (Deb) 12:15-1:00pm								12:00
12:30	Family Open Gym (6-10) 12:30-2:00pm														12:30
1:00															1:00
1:30															1:30
2:00	Family Open Gym (2-5) 2:00-3:30pm														2:00
2:30															2:30
3:00															3:00
3:30															3:30
4:00			After-School Open Gym (5-8) 4:00-5:30pm												4:00
4:30															4:30
5:00									Step (Sophie) 5:00-5:50pm						5:00
5:30															5:30
6:00			Zumba (Sophie) 6:00-6:50pm				Yoga Beginner (Peggy) 5:45-7:00pm		Tai Chi (Patricia) 5:45-6:45pm		Family Dodgeball (2-5) & (6-10) 6:00-7:00pm				6:00
6:30	Adult Volleyball 4:00-10:00pm		Core Abs (Deb) 7:00-7:30pm		Ball Hockey (4-6) (Nick) 6:30-7:15pm		Youth Drop-In (Gr. 6-8) (Sam) 7:00-8:30pm				Bootcamp (Deb) 7:10-8:00pm		Pickle-Ball (6 and up) (Jack and Tony) 7:00-8:30pm		6:30
7:00			Bootcamp (Deb) 7:40-8:30pm												7:00
7:30															7:30
8:00															8:00
8:30															8:30
9:00									Men's Ball Hockey (Craig) 8:30-10:00pm		Badminton (16+) 8:30-10:00pm				9:00
9:30															9:30
10:00															10:00
			Fireplace Room				Fireplace Room		Kitchen		Outside		Outside		
			Homework Buddies (JK-Gr 8) (Taryn) 6:30-7:30pm				Photo Group (Adult) (Patrick) 8:00-9:00pm		Multi-Media Art (5-8) & Comic Book Art (8 and up) (Ana) 6:00-7:00pm		5-10K Clinic (All) 6:30-7:30pm		Open Run Club (All) 9:00-10:00am		