



TRY-IT WEEK SCHEDULE

SEPTEMBER 14-18

MONDAY

5-6:30pm	TaeKwon-Do Club	Studio 4
5:30-6:15pm	Cycle Fit	Fitness Centre
6:30-7:30pm	TRX	Studio 3
6:30-7:30pm	Contemporary Dance	Studio 4
6:30-8:30pm	Fencing Club	Upper Gym
7-8:30pm	Dragon Boat Team	Pool
8:30-10pm	Lion's Archery	Upper Gym

WEDNESDAY

3:30-5pm	Swim Team	Pool
4:30-5:30pm	Yoga Core	Studio 4
5-7pm	Grappling Club	Studio 6
5:30-6:15pm	Cycle Fit	Fitness Centre
5:30-6:30pm	Yoga Shred	Studio 4
6-8pm	Intramural Official's Orientation	Various locations
6:30-7:30pm	Ballet Level 1	Studio 4
6:30-8pm	Badminton Club	Upper Gym
6:30-9pm	Jiu Jitsu Club	Studio 2
7-8pm	TRX	Studio 3

TUESDAY

GAMES AND SKILLS NIGHT

6-9pm in the Main Gym

4:30-5:30pm	Yoga Level 1	Studio 4
5:30-6:30pm	Pilates	Studio 4
6:30-7:30pm	Yoga Flow	Studio 4

THURSDAY

3-6pm	Quidditch	Passy Field
4-6:30pm	Lion's Rugby	Rugby Field
4:30-5:30pm	Yoga Therapy	Studio 4
5:30-6:30pm	Yoga Shred	Studio 4
5-6:30pm	Aikido	Studio 2
6-8pm	Women's Lacrosse Club	Football Field
6:30-8pm	Kendo Club	Upper Gym

FRIDAY

6-8pm	Hip Hop Dance Club	Studio 4
7-9pm	Salsa Club	Studio 6

ALL VENUES AT TAIT MCKENZIE CENTRE AND ASSOCIATED FIELDS