

ATHABASCA REGIONAL MULTIPLEX SCHEDULE

January 2nd/2019 to March 31st/2019

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Moveball with Glenda	12:10pm-12:55pm North						
Baseline Training		5:30pm-6:30pm North	5:30pm-6:30pm North	4:45pm-5:45pm North			
PCN with Jon	5:30pm-6:30pm North			3pm-4pm North			
Drop-In Pickleball	10am-12pm Centre	7pm to 9pm South		10am-12pm Centre			
Drop-In Soccer	7pm-9pm South						
Drop-In Volleyball				7pm-9pm North			
Drop-In Basketball					7pm-9pm North 2/3		
Drop-In Badminton			8pm-9pm South				
Public Skate	10:30am-1:30pm 7:15pm-8:05pm	7am-10:30am 1:30pm-3pm	10:30am-1:30pm	7am-10:30am 1:30pm-3pm	10:30am-1:30pm		4:15pm-5:30pm
Shinny	7am-10:30am 1:30pm-3pm	10:30am-1:30pm	7am-10:30am 1:30pm-3pm	10:30am-12pm	7am-10:30am 1:30pm-3pm		

Multiplex Hours: Weekdays 6am to 10pm Weekends 8am to 10pm

PCN Free Walking Group: Tuesdays 11AM-12PM & Thursdays 1PM-2PM

Jon LeMessurier (Baseline Fitness): Phone: 587-337-1448 Email: jon.lemessurier@hotmail.com

Glenda Gray Class: Spin Classes in the Ace's Multifit Room (Monday's 5-5:45PM & Friday's 7-7:45AM)

Leah Olson: Phone: 780-213-0845 **Bud Ottosen:** Phone: 780-675-0031

Tennis with Marie: Phone: 780-213-4524

FCSS Walk and Talk: Mondays 9AM-12PM

*** Free time can be used for drop-in use, Schedule is subject to change without notice

EPC is booked in the Fieldhouse every school day from 9am to 3pm