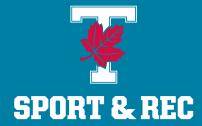
Drop-in Women Only Hours Effective starting January 3, 2024

Monday **Tuesday** Wednesday **Thursday** Friday Saturday Sunday 10:40-11:55 a.m. 12:30-1:55 pm 10:40-11:55 a.m. 11-11:55 p.m. 10:40-11:55 a.m. 9-10 a.m. 10:40-11:55 a.m. **Lane Swimming** Stick n' Puck Open Gym **Lane Swimming Lane Swimming Field Sports Lane Swimming AC SCC & WLZ AC 25vd Benson Pool Varsity Dome AC 25vd Benson Pool Varsity Centre Arena AC 25vd Benson Pool AC 25vd Benson Pool** 12-1 p.m. 5-6 p.m. 12-1 p.m. 12:30-1:55 p.m. 1-2 p.m. 12-1 p.m. **Basketball** and Open Gym **IMPACT Training** Open Gym Open Gym Open Gym **AC SCC & WLZ** Volleyball **AC SCC & WLZ AC SCC East Wing** AC SCC & WLZ AC SCC & WLZ **AC Sports Gym** 2:30-3:55 p.m. 6:10-7:25 p.m. 2:30-3:55 p.m. 6:10-7:30 p.m. 12:30-1:25 p.m. **Basketball and Basketball and Basketball** and **Lane Swimming Field Sports** Volleyball **AC 25vd Benson Pool Varsity Dome** Volleyball Volleyball **AC Sports Gym AC Sports Gym AC Sports Gym** 5-6 p.m. **IMPACT Training**

AC SCC East Wing



Bring a friend or drop-in on your own!
No registration required.

Learn more about Women Only hours:

