

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

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

