



Quinte Region Summer Aquafit Schedule

Belleville Branch Aquafit Schedule effective July 2, 2024				
<small>433 Victoria Ave, Belleville, ON, K8N 2G1 (613) 966-9622</small>				
Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:45am Aquafit		8:00-8:45am Aquafit		8:00-8:45am Aquafit
10:15-11:00am Aquafit		10:15-11:00am Aquafit		10:15-11:00am Aquafit

John Williams Branch Aquafit Schedule effective July 2, 2024				
<small>50 Monogram Place, Trenton, ON, K8V 5P8 (613) 394-9622</small>				
Monday	Tuesday	Wednesday	Thursday	Friday
8:10-8:55am				
Aquafit <i>Lap Pool</i>	Deep Water Run Fit <i>Lap Pool</i>	Aquafit <i>Lap Pool</i>	Aquafit <i>Lap Pool</i>	Aquafit <i>Lap Pool</i>
9:00-9:45am				
Tone & Stretch <i>Therapeutic Pool</i>	Tone & Stretch <i>Therapeutic Pool</i>	Tone & Stretch <i>Therapeutic Pool</i>	Aqua Yoga <i>Therapeutic Pool</i>	Tone & Stretch <i>Therapeutic Pool</i>
12:10-12:55pm				
Aquafit <i>Lap Pool</i>	Aqua Yoga <i>Therapeutic Pool</i>	Deep Water Run Fit <i>Lap Pool</i>	Tone & Stretch <i>Therapeutic Pool</i>	Aquafit <i>Lap Pool</i>