



Shine On

Quinte Region Aquafit Schedule

Belleville Branch Aquafit Schedule effective September 16, 2024

433 Victoria Ave, Belleville, ON, K8N 2G1 (613) 966-9622

Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:45am Aquafit		8:00-8:45am Aquafit		8:00-8:45am Aquafit
	9:30-10:15am Aquafit		9:30-10:15am Aquafit	
10:30-11:15am Aquafit	10:30-11am Aqua Yoga	10:30-11:15am Aquafit	10:30-11am Aqua Yoga	10:30-11:15am Aquafit

John Williams Branch Aquafit Schedule effective October 10, 2024

50 Monogram Place, Trenton, ON, K8V 5P8 (613) 394-9622

Monday	Tuesday	Wednesday	Thursday	Friday
8:10-8:55am Aquafit	8:10-8:55am Deep Water Run Fit	8:10-8:55am Aquafit	8:10-8:55am Aquafit	8:10-8:55am Aquafit
9-9:45am Tone & Stretch	9-9:45am Tone & Stretch	9-9:45am Tone & Stretch	9-9:45am Aqua Yoga	9-9:45am Tone & Stretch
12:10-12:55pm Aqua Bootcamp	12:10-12:55pm Aquafit	12:10-12:55pm Deep Water Run Fit	12:10-12:55pm Aquafit	12:10-12:55pm Aquafit
1-1:45pm Tone & Stretch	1-1:45pm Aqua Yoga	1-1:45pm Tone & Stretch	1-1:45pm Tone & Stretch	
	7:30-8:15pm Aquafit			