

MARKHAM VILLAGE WOMEN'S CLUB



FREE WORKOUTS

While we are rebuilding our new club exclusively for women, workouts are free to members and non-members.

COME IN AND JOIN US!

THE MARKHAM VILLAGE WOMEN'S CLUB WORKOUT SCHEDULE

TIMES	MON.	TUES.	WED.	THURS.	FRI.
7:30 a.m. - 8:30 a.m.	Intermediate		Intermediate		Intermediate
9:30 a.m. - 10:15 a.m.	Beginner	Beginner	Beginner	Beginner	Beginner
10:15 a.m. - 11:00 a.m.	Intermediate	Intermediate	Intermediate	Intermediate	Intermediate
11:00 a.m. - 11:45 a.m.	No Bounce	No Bounce	No Bounce	No Bounce	No Bounce
12:10 p.m. - 12:45 p.m.	Advanced	Beginner	Advanced	Beginner	Advanced
1:30 p.m. - 2:15 p.m.	No Bounce	No Bounce	No Bounce	No Bounce	No Bounce
2:30 p.m. - 3:15 p.m.	Beginner	Beginner	Beginner	Beginner	Beginner
4:30 p.m. - 5:20 p.m.	Intermediate	Intermediate	Intermediate	Intermediate	Intermediate
5:30 p.m. - 6:40 p.m.	Advanced	Advanced	Advanced	Advanced	Advanced
6:40 p.m. - 7:15 p.m.	Beginner	No Bounce	Beginner	No Bounce	Beginner
7:15 p.m. - 8:05 p.m.	Intermediate	Intermediate	Intermediate	Intermediate	Intermediate
8:05 p.m. - 8:40 p.m.	No Bounce	No Bounce	No Bounce	No Bounce	No Bounce

BABYSITTING AVAILABLE
Monday-Friday 9:00 a.m.-3:00 p.m.

Markham Village Lanes Shopping Centre



We are temporarily located at the Works Department behind The Markham Village Lanes.

294-7764

