

ALL SPORT ONE DAY	WESTSIDE RECREATION CENTRE									
	Gym 1 (2/2)	Gym 2 (1/2)	Youth Gym	Studio 2	Fitness Centre	Multipurpose Room	Climbing Wall	Pool (2 lanes)	S1SIG21 (1/2)	S1SIG21 (2/2)
10:00-11:00	Yoga	NONE	Basketball	Fitness - Core & Cardio	NONE	Fencing	NONE	Swimming	Rugby	Soccer
	Way2Move Capacity 30 Age Range 6-17		Westside Recreation Centre Capacity 12 Age Range 6-8	Westside Recreation Centre Capacity 12 Age Range 10-12		Epic Fencing Capacity 20 Age Range 10-13		Westside Recreation Centre Capacity 20 Age Range 12-17	EmpowerHER Rugby Capacity 50 Age Range 10-17	West Hills United Capacity 30 Age Range 6-9
11:15-12:15	Yoga	NONE	Basketball	Fitness Circuit	NONE	Fencing	NONE	Swimming	Rugby	Soccer
	Way2Move Capacity 30 Age Range 6-17		Westside Recreation Centre Capacity 12 Age Range 9-12	Westside Recreation Centre Capacity 12 Age Range 10-12		Epic Fencing Capacity 20 Age Range 6-9		Westside Recreation Centre Capacity 20 Age Range 6-12	EmpowerHER Rugby Capacity 50 Age Range 10-17	West Hills United Capacity 30 Age Range 10-15
30 min break										
12:45-1:45	Basketball	Badminton	Volleyball	NONE	TRX Class	Fencing	Climbing	Water Polo	Rugby	Soccer
	Way2Move Capacity 30 Age Range 6-17	Westside Recreation Centre Capacity 12 Age Range 9-12	Westside Recreation Centre Capacity 12 Age Range 6-8		Westside Recreation Centre Capacity 8 Age Range 13-15	Epic Fencing Capacity 20 Age Range 10-13	Westside Recreation Centre Capacity 12 Age Range 9-12	Westside Recreation Centre Capacity 20 Age Range 12-17	EmpowerHER Rugby Capacity 50 Age Range 10-17	West Hills United Capacity 30 Age Range 6-9
2:00-3:00	Basketball	Badminton	Volleyball	NONE	NONE	Fencing	Climbing	Water Polo	Rugby	Soccer
	Way2Move Capacity 30 Age Range 6-17	Westside Recreation Centre Capacity 12 Age Range 6-8	Westside Recreation Centre Capacity 12 Age Range 9-12			Epic Fencing Capacity 20 Age Range 6-9	Westside Recreation Centre Capacity 12 Age Range 6-8	Westside Recreation Centre Capacity 20 Age Range 6-12	EmpowerHER Rugby Capacity 50 Age Range 10-17	West Hills United Capacity 30 Age Range 10-15