
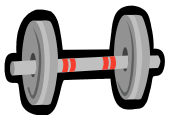


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<h1 style="text-align: center;">Junior Programs Schedule</h1> <p style="text-align: center;">Effective January 19th (10 weeks) Pick up registration forms at front desk</p>					SWIM 101 School 9:00-12:30pm	*ASK ABOUT OUR CHILDREN'S BIRTHDAY PARTY'S
					Family Swim 2:30-4:00pm *Members Only*	Family Swim 12:00-1:30pm *Members Only*
				<u>Teen training</u>	Teen Training 10-11am Main Gym *Spaces limited	
	Swim 101 Swim school 4:00-7:30pm		Swim 101 Swim school 4:00-7:00pm	<u>now offered</u>		
				<u>on Saturdays</u>	 FITNESS INSTITUTE* MISSISSAUGA	
A cardio workout That's fun!!	BOXING 5:00-6:00 Studio 3 with Leroy	Cardio intervals, resistance training,		SWIM Parent and tot 7:00-8:30 *Members only		
	Teen Training 6:00-7:00PM Main Gym *Spaces limited	Teens will work with our personal trainers	Teen Training 6:00-7:00PM Main Gym *Spaces limited		Inquire about our Recreational Camps And Birthday Parties!	
			For more information or to register contact 905-275-0610 ext. 206 llewis@fitnessinstitute.com			