



PROVINCIAL SCHEDULE 2023-2024

PROVINCIAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			5:30-7:30am UC		5:30-7:30am UC		Weights 9:00-10:00am
							10:00am- 12:00 UC**
		4:00-6:00pm CH		4:00-6:00pm CH	Weights (UC) 4:00-5:00pm	4:00-5:30pm UC	

**Sunday will shift to 10:30-12:30 starting in January 2024

PROVINCIAL LITE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
							10:00am-12:00 UC**
		4:00-6:00pm CH	4:00-6:00pm SD		8:00-9:00pm Melcore YMCA		

**Sunday will shift to 10:30-12:30 starting in January 2024