

# WEEKLY SCHEDULE – Individual Strength & Cardio Pods



## BOOKING ETIQUETTE

- Guests may book their activity up to 24 hours in advance.
- Walk-ins may be given access to those activities that still have space at the time of check-in. To avoid disappointment, advance bookings are strongly recommended.
- Participants are permitted to book the equivalent of 2 hours of activities per day. Bookings that exceed the maximum allowance may be deleted without notice.
- Please be aware that guests will be given entry only to the activity they have booked.
- If you are unwell on the day of your booking, we ask that you stay home and cancel your reservation as soon as possible.
- To cancel or make changes to your bookings, please contact us at **778-296-1400** or email us at [info@richmondoval.ca](mailto:info@richmondoval.ca). Be sure to provide the specific details of which booking you would like to cancel and or change.
- Guests are required to abide by the Oval's Conditions of Entry at all times during their visit.

SUN – 18

MON – 19

TUES – 20

WED – 21

THU – 22

FRI – 23

SAT – 24

**10:30AM**  
**ATHLETIC**  
*Ryan*

**11:00AM**  
**ATHLETIC**  
*Chris*

**12:00PM**  
**ATHLETIC**  
*Ryan*

**12:00PM**  
**ATHLETIC**  
*Pat*

**12:30PM**  
**ATHLETIC**  
*Chris*

**1:30PM**

**1:15PM**

**1:30PM**

**1:30PM**

**1:45PM**

**1:45PM**

**2:45PM**

**2:30PM**

**2:45PM**

**2:45PM**

**3:00PM**

**3:00PM**

**4:30PM**  
**ATHLETIC**  
*Chris*

**3:45PM**

**4:00PM**

**4:00PM**

**5:45PM**

**7:00PM**

**CLICK ON ANY CLASS NAME TO REGISTER**