

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. 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 – 15 MON – 16 TUES – 17 WED – 18 THU – 19 FRI – 20 SAT – 21

						8:00AM
		9:00AM		9:00AM		9:30AM
		10:30AM		10:30AM		11:00AM
	12:00PM	12:00PM	12:00PM	12:00PM	12:00PM	12:30PM
	1:30PM	1:30PM	1:30PM	1:30PM	1:45PM	1:45PM
	2:45PM	3:00PM	2:45PM	2:45PM	3:00PM	3:00PM
	4:00PM	4:30PM	4:00PM	4:00PM	4:30PM	
	5:30PM	5:45PM	5:30PM	5:30PM	6:00PM	
				7:00PM		

CLICK ON ANY CLASS NAME TO REGISTER