

2026 Aquafit Class Schedule

Westin Harbour Castle
Northern Secondary School
Monarch Park Collegiate
George S. Henry Academy
Skymark Condos

March 2026

Mon	Tue	Wed	Thur	Fri	Sat	Sun
						1
2	3	4	5	5	6	7
9	10	11	12	12	13	14
16	17	18	19	19	20	21
23	24	25	26	26	27	28
30	31					

April 2026

Mon	Tue	Wed	Thur	Fri	Sat	Sun
		1	2	2	3	4
6	7	8	9	9	10	11
13	14	15	16	16	17	18
20	21	22	23	23	24	25
27	28	29	30	30		

May 2026

Mon	Tue	Wed	Thur	Fri	Sat	Sun
				1	2	3
4	5	6	7	7	8	9
11	12	13	14	14	15	16
18	19	20	21	21	22	23
25	26	27	28	28	29	30
						31

June 2026

Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	2	3	4	4	5	6
8	9	10	11	12	13	14
15	16	17	18	18	19	20
22	23	24	25	25	26	27
29	30					

July 2026

Mon	Tue	Wed	Thur	Fri	Sat	Sun
		1	2	2	3	4
6	7	8	9	9	10	11
13	14	15	16	16	17	18
20	21	22	23	23	24	25
27	28	29	30	30	31	

August 2026

Mon	Tue	Wed	Thur	Fri	Sat	Sun
					1	2
3	4	5	6	6	7	8
10	11	12	13	13	14	15
17	18	19	20	20	21	22
24/31	25	26	27	27	28	29
						30

September 2026

Mon	Tue	Wed	Thur	Fri	Sat	Sun
	1	2	3	3	4	5
7	8	9	10	10	11	12
14	15	16	17	17	18	19
21	22	23	24	24	25	26
28	29	30				

October 2026

Mon	Tue	Wed	Thur	Fri	Sat	Sun
			1	1	2	3
5	6	7	8	8	9	10
12	13	14	15	15	16	17
19	20	21	22	22	23	24
26	27	28	29	29	30	31

November 2026

Mon	Tue	Wed	Thur	Fri	Sat	Sun
						1
2	3	4	5	5	6	7
9	10	11	12	12	13	14
16	17	18	19	19	20	21
23	24	25	26	26	27	28
30						

December 2026

Mon	Tue	Wed	Thur	Fri	Sat	Sun
	1	2	3	3	4	5
7	8	9	10	10	11	12
14	15	16	17	17	18	19
21	22	23	24	24	25	26
28	29	30	31	31		

For missed classes make-ups may be attended at NSS, MPC or GSH (WHC, SKM not available).
Zoomfit classes also available Tue, Wed, Fri. (dates must be reserved to receive Zoom link).