

DROP-IN SCHEDULE



SPRING 2024 • April 2 - June 30

Also see the [SUMMER 2024 DROP-IN SCHEDULE](#)

FITNESS & FUN

MONDAY

| | |
|--------------------|---------------------|
| Morning Fitness | 9:00 AM - 10:00 AM |
| Yoga | 10:15 AM - 11:15 AM |
| Pick-up Basketball | 6:00 PM - 8:00 PM |
| Full Body Blast | 6:30 PM - 7:00 PM |
| Basketball | 6:00 PM - 7:00 PM |

TUESDAY

| | |
|-----------------|--------------------|
| Pickleball | 9:30 AM - 11:30 AM |
| Full Body Blast | 5:30 PM - 6:00 PM |
| Yoga | 6:15 PM - 7:15 PM |

WEDNESDAY

| | |
|-----------------|---------------------|
| Morning Fitness | 9:00 AM - 10:00 AM |
| Yoga | 10:15 AM - 11:15 AM |
| Pickleball | 1:00 PM - 2:00 PM |
| Full Body Blast | 5:30 PM - 6:00 PM |

THURSDAY

| | |
|------------------|---------------------|
| 20/20/20 Fitness | 9:00 AM - 10:00 AM |
| Pilates | 10:15 AM - 11:15 AM |
| Pickleball | 1:00 PM - 2:00 PM |

FRIDAY

| | |
|-----------------|---------------------|
| Morning Fitness | 9:00 AM - 10:00 AM |
| Yoga | 10:15 AM - 11:15 AM |



HEALTH CLUB

Mon - Fri: 5:30 AM - 9:00 PM
Sat/Sun: 9:00 AM - 5:00 PM

For more information:
tcchealthclub@tillsonburg.ca
519.688.3009 ext 4230

SQUASH COURTS

Mon - Fri: 6:00 AM - 8:00 PM
Sat/Sun: 9:30 AM - 4:00 PM

To book a court:
tcchealthclub@tillsonburg.ca
519.688.3009 ext 4230

PUBLIC SKATES

Tues: 10:00 AM - 11:30 AM
Thur: 10:00 AM - 11:30 AM
Fri: 3:30 PM - 5:00 PM

Starting April 2

ROLLER SKATING

Thur: 6:30 PM - 8:00 PM

June 20 - Aug 29



Pool Entrance Closed

The indoor pool / south & west entrances are **closed** for renovations.



Check the **MOBILE APP** for schedule updates

AGES:

Fitness Classes:
Ages 13+

Health Club/Squash:
Ages 13+ / 10-12 yrs,
with adult 18+

Pickleball:
Ages 18+ /
pre-registration required

Public Skate & Roller Skating:
All ages

Tillsonburg
Community Centre
45 Hardy Ave
519.688.9011

events.tillsonburg.ca

