

19 WING FITNESS & COMMUNITY CENTRE DROP IN SCHEDULE

September 8—December 18, 2026



@19WingComoxPSP
www.cfmws.ca/Comox/FCC
 250-339-8211 ext 252-8315
 19W-FSR@forces.gc.ca

Hours of Operation

Defence Team Only Mon- Fri 6am-8:30am

Everyone Welcome Mon - Fri 8:30am-10pm
 Sat & Sun 7am-9pm

CLOSED: Wed Sept 30; Mon Oct 12; Wed Nov 11

POOL (Sept 28- Dec 18)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim	7:30-9:30am 11am-12:30pm 7-8pm	11am-12:30pm 4:30-6pm	7:30-9:30am 11am-12:30pm 7-8pm	11am-12:30pm 3:30-5pm	7:30-9:30am 11am-12:30pm	3-4pm	10am-12pm 3-4pm
Open Swim	5-7pm	6-7:30pm	5-7pm	5-6:30pm		1-3pm	1-3pm

*All swim times are available to general public, Defence Team Only time does not apply to the pool.

**Schedule is subject to change on short notice for military training, practices, and events.

GYMNASIUM (Sept 8—Dec 18)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Call ahead for last minute availability!						7:30-9am 4:30-9pm	7:30-9am 4:30-9pm
Military & Family Drop-in *Military & Family Only	5:30 - 7:30pm				5:30- 7:30pm	2:30- 4:30pm	
Drop-In Basketball			11:30-12:30pm				
Pickleball Oct 18—Dec 13							2-4pm

Hours may vary, if the gym is not in use outside of these hours, it is available for drop-in; Schedule is subject to change on short notice for military training, practices, and events; Children under 13yrs must be supervised by an adult 19yrs and over.

FITNESS CLASSES (Sept 8—Dec 14)

	Monday	Tuesday	Wednesday	Thursday	Friday
11:45am-12:45pm FREE for Military & DND Starting week of Sept 14	Combat (Gymnasium)	Spin (Multi-purpose Room)	Flex & Core (Multi-purpose Room)	Bootcamp (Gymnasium)	Speed Agility & Quickness - SAQ (Gymnasium)
2:30-3:30pm Military Only	Force Foundations (Gymnasium)		Force Foundations (Gymnasium)		
7-8pm	*Gentle Hatha Flow Yoga Sept 14—Dec 14 (Multi-purpose Room)		*Men's Yoga Sept 9—Dec 9 (Multi-purpose Room)		

*Free for active Military Family Membership only