

LANGARA FAMILY YMCA GYMNASIUM SCHEDULE

Spring

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
		East	West	East	West	East	West	East	West	East	West	East	West	East	West
MORNING		Badminton/Table Tennis 6:00-7:45am		Badminton/Table Tennis 6:00-8:30am		Badminton/Table Tennis 6:00-7:45am		Badminton/Table Tennis 6:00-8:30am		Badminton/Table Tennis 6:00-7:45am		Closed		Closed	
		Y Gentle Strength Faye 8:00-9:00am		Open Gym 9:00am-11:30am		Y Gentle Strength Sheila 8:00-9:00am		Open Gym 9:00am-11:00am		Y Gentle Strength Cheryl 8:00am-9:00am		Badminton/Table Tennis 8:00-9:30am		Badminton/Table Tennis 8:00-11:45am	
		Open Gym 9:00am-11:30am			Member Coffee Hour 9:00am-10:00am		Open Gym 10:00am-11:30am			Closed		Food Hub 9:30am-12:00pm			Indoor Family Playground *Parental Supervision Required* 10am-12pm
AFTERNOON		Closed		Closed		Closed		Food Hub 11:30am-3:30pm		Closed		Badminton/Table Tennis 12:30-2:00pm			Open Gym 12:00pm-3:00pm
								Closed				Open Gym 2:00pm-3:15pm			
		Badminton/Table Tennis 4:30-6:00pm		Badminton/Table Tennis 4:30-6:00pm		Badminton/Table Tennis 4:30-6:00pm		Badminton/Table Tennis 4:30-6:00pm		Badminton/Table Tennis 4:30-6:00pm					
EVENING															
		Shotokan Karate 6:30pm-8:30pm		Open Gym 6:15pm-Close		Shotokan Karate 6:30pm-8:30pm		Open Gym 6:15pm-Close		Open Gym 6:15-Close					
		Closed		Closed		Closed		Closed		Closed					

Certain CYF Programs will start at differing dates.	*Please use our Advance Booking App to Sign-up	For our most up-to-date information, please visit our website:	
Programs subject to change	for our Group Fitness Classes. Drop-in spots are not guaranteed.*	gv.ymca.ca	
Please ask a YMCA Staff about start times	Please talk to Y staff at the front desk to inquire about bookings.	For more information contact us or our contact centre:	
Members may borrow equipment at Front Desk Window during Open Gym Times	*Bookings for Table Tennis and Badminton is required as well.*	Langara: 604.324.9622	Contact Centre: 604.939.9622

This schedule is subject to change without notice.