LANGARA FAMILY YMCA SYNRGY ROOM SCHEDULE

August

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00am 7:00am		Open Space Y-Synergy Circuit - 8:45am-9:15pm	Open Space	Open Space	Open Space	Closed	Closed
M	8:00am				Y-Synrgy Cicruit - 9:00am-9:30am			
O R	9:00am	Open Space	Open Space	Y-Synrgy Circuit - 9:30am-10:00am	Open Space		Open Space	Open Space
N I	10:00am			Open Space				
N G	11:00am							
	12:00pm							
	1:00pm							
A F	2:00pm							
T E R	3:00pm							
N O	4:00pm							
O N	5:00pm	Y-Synergy Circuit - 5:30pm-6:00pm Y-Synergy Circuit -					Closed	Closed
E V E	6:00pm	m 6:00pm-6:30pm						
N I	7:00pm							
N G	8:00pm							
		Closed	Closed	Closed	Closed	Closed		
		CYF Program schedule, registration and availability			Please use our YMCA of Greater Vancouver Fitness App to register		For our most up-to-date schedules, please visit our wesbite:	
		are subject to change.			for our Group Fitness Classes. Drop-in spots are not guaranteed.			
			s to our Member Experience Repr		Advanced reservations for Table Tennis and Badminton are required.		gv.ymca.ca For more information, speak to our Member Experience	
			ily YMCA : 604.324.962		YMCA of Greater Vancouver: 604.939.9622		Represe	ntatives.
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