

Gymnasium Schedule

Updated May 8th , 2025

Room Guide:

(F) Full Gymnasium · (W) West Gymnasium
(E) East Gymnasium

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning – Open to 12:00pm						
Open Gym (E) 5:30-8:45AM	Open Gym (E) 5:30-9:15AM	Open Gym (E) 5:30am-8:45AM	Open Gym (E) 6am-3:15PM	Open Gym (F) 5:30-10:30AM	Open Gym (E) 7-11:30AM	Open Gym (F) 7-9AM
Open Gym (W) 5:30-8:45AM	Group Fitness (E) 9:30-10:30AM	Open Gym (W) 5:30-7AM	Badminton (W) 6:15-7:45AM	Group Fitness (F) 10:45-11:45AM	Open Gym (W) 7-8AM	Group Fitness (F) 9:30-10:30AM
Group Fitness (W) 9-10AM	Open Gym (W) 5:30-6:15AM	Group Fitness (W) 7:15-10AM	Group Fitness (W) 7:45-10AM	Group Fitness (W) 12pm-1PM	Group Fitness (W) 8:15-11:30AM	Group Fitness (E) 10:45-11:30AM
Indoor Family Playground (E) 9-12:00PM	Group Fitness (W) 6:30-7:30AM	Group Fitness (F) 9-10AM	Open Gym (W) 10:15-1PM	Open Gym (W) 1:15-2:30PM	Badminton (F) 11:45-2PM	Badminton (W) 11-11:45AM
Group Fitness (W) 11:15-1:30PM	Open Gym (W) 7:45-8:45AM	Open Gym (E) 10:15AM-5 PM	Beginner Volleyball (W) 1:15-3:15PM	Open Gym (E) 12-4:30PM		Badminton (F) 11:45-2PM
Open Gym (W) 1:45pm-4PM	Group Fitness (W) 9-10AM	Open Gym (W) 10:15-12:45PM		Group Fitness (W) 2:45-6:45PM	CYF Birthday Party (F) 2-4:30PM	CYF Birthday Party (F) 2:15-4:30PM
Open Gym (E) 12:15-4PM	Group Fitness (W) 1:15-2PM	Group Fitness (W) 1-2:15 PM				
	Open Gym (E) 10:45am-4:15PM	Open Gym (W) 2:30-5PM				
Evening – 4:00pm to Close						
Kid's Futsal (E) 4:15-5PM	Badminton (W) 2:15-3:45PM	Group Fitness (W) 5:15-8PM	Group Fitness (W) 4-5:15PM	Group Fitness (E) 4:45-5:45PM	Basketball (F) 4:45-8:45PM	Intermediate/Advanced Volleyball (F) 4:45-8PM
Group Fitness (W) 4:15-5:15PM	Group Fitness (F) 4:15-6:30PM	Group Fitness (E) 5:15-6:15PM	Kid's Basketball (E) 4-5PM	Beginner Volleyball (F) 7-8:30PM		Open Gym (E) 8:15-8:45PM
Open Gym (F) 5:15-5:45PM	Futsal (F) 6:45-8:15PM	Open Gym (E) 6:30pm-8PM	Group Fitness (F) 5:15-8PM	Intermediate/Advanced Volleyball (F) 8:45-10:15PM		
Group Fitness (F) 6-8PM	Basketball (E) 8:30-10:15PM	Basketball (F) 8:15-10:15PM	Futsal (F) 8:15-9:45PM			
Basketball (F) 8:15-10:15PM	Intermediate/Advanced Volleyball (W) 8:30-10:15PM					