



Gymnasium Schedule

Updated June 4, 2025

Room Guide: (G1) Gym 1 · (G2) Gym 2 · (F) Full Gym

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning						
Open Gym (F) 5:30am-8:45am	Open Gym (F) 5:30am-10:15am	Open Gym (F) 5:30am-8:00am	Open Gym (F) 5:30am-8:45am	Open Gym (F) 5:30am-8:45am	Open Gym (F) 7:00am-7:45am	Badminton (F) 7:00am-10:30am
Group Fitness (F) 9:15am-10:15am	Child, Youth, & Family Programs (G1) 10:30am-11:30am	Open Gym (G2) 8:00am-10:15am	Group Fitness (F) 9:1am5-10:15am	Group Fitness (F) 9:15am-10:15am	Group Fitness (F) 8:15am-9:15am	Children’s Rock Climbing (G1) Ages 6-12 11:00am-1:30pm
Basketball (G1) 10:30am-12:30pm	Indoor Family Playground (G2) 10:30am-12:00pm	Healthy Heart (G1) 8:00am-10:00am	Child, Youth, & Family Programs (G1) 10:30am-11:30am	Open Gym (F) 10:30am-1:30pm	Group Fitness (F) 9:30am-10:30am	Indoor Family Playground (G2) 10:30am-12:00pm
Bouncy Castle Playground (G2) 10:30am-12:00pm		Basketball (G1) 10:00am-12:30pm	Indoor Family Playground (G2) 10:30am-12:00pm		Generation Health - Clinic (G1) 10:45am-1:45pm	
		Bouncy Castle Playground (G2) 10:30am-12:00pm			Indoor Family Playground (G2) 11:00am-1:30pm	
Afternoon						
Open Gym (F) 12:30pm-3:30pm	Open Gym (F) 12:30pm-3:30pm	Open Gym (F) 12:30pm-3:30pm	Open Gym (F) 12:30pm-3:30pm	Basketball (F) Ages 10+ 1:45pm-3:45pm	Badminton (F) 2:00pm-4:30pm	Open Gym (G2) 2:00pm-3:00pm
Youth Basketball (G2) Ages 10-18 3:30pm-5:00pm	Youth Basketball (G2) Ages 10-18 3:30pm-5:00pm	Children’s Rock Climbing (G1) Ages 6-12 3:30pm-5:30pm	Youth Basketball (G2) Ages 10-18 3:30pm-5:00pm			Open Gym (F) 3:00pm-5:00pm
Adult Basketball (G1) Ages 19+ 3:30pm-6:15pm	Adult Basketball (G1) Ages 19+ 3:30pm-6:45pm	Youth Basketball (G2) Ages 10-18 3:30pm-5:00pm	Adult Basketball (G1) Ages 19+ 3:30pm-5:00pm			
Evening						
Child, Youth, & Family Programs (G2) 5:15pm-7:30pm	Child, Youth, & Family Programs (G2) 5:15pm-7:30pm	Child, Youth, & Family Programs (G2) 5:15pm-6:30pm	Child, Youth, & Family Programs (G2) 5:15pm-7:30pm	Youth Night (F) 4:00pm – 7:00pm	Basketball (F) Ages 10+ 4:30pm-8:55pm	Open Gym (F) 5:00pm-8:55pm
Generation Health - Clinic (G1) 6:15pm-7:30pm	Generation Health - Clinic (G1) 6:15pm-7:30pm	Group Fitness (F) 6:45pm-7:45pm	Generation Health - Clinic (G1) 6:15pm-7:30pm	Open Gym (F) 7:00pm-9:55pm		
Karate (G1) 7:30pm – 8:30pm	Adult Basketball (F) Ages 19+ 8:00pm-9:55pm	Badminton (F) 8:00pm-9:55pm	Karate (G1) 7:30pm – 8:30pm			
Badminton (G1) 7:30pm-8:30pm			Adult Basketball (F) Ages 19+ 8:30pm-9:55pm			
Badminton (F) 8:40pm-9:55pm						
Schedule subject to change without notice. gv.ymca.ca/tong-louie-family-ymca						