

## Gymnasium Schedule

Updated July 20, 2025

Room Guide:

(F) Full Gymnasium • (W) West Gymnasium

(E) East Gymnasium

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

