

Gymnasium Schedule

Updated Sep1st, 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) 5:30AM-4PM	Open Gym(E) 5:30am-9AM	Open Gym(E) 5:30AM-4PM	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	Open Gym(W) 5:30-6:15AM	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	Group Fitness(W) 6:30-7:30AM	Group Fitness(F) 9-10AM	Open Gym(W) 8-8:45am	Group Fitness (W) 12pm-1PM	Group Fitness (W) 8:15-11:30AM	Group Fitness(W) 10:45-11:30AM
Indoor Family Playground(E) 9-12:30PM	Open Gym(W) 7:45-8:45AM		Group Fitness (W) 9-11AM	Open Gym(W) 1:15-2:30PM	Badminton(F) 11:45-2PM	
Group Fitness(W) 11:15-1:30PM	Group Fitness(W) 9-10AM	Open Gym(E) 10:15AM-6:30PM	Open Gym(W) 11:15-12PM	Open Gym(E) 12-4:30PM		Badminton(F) 11:45-2PM
Open Gym(W) 1:45pm-4PM	Group Fitness (W) 1:15-2PM	Open Gym(W) 10:15-5:15PM	Beginner Volleyball(W) 1:15-3PM	Group Fitness(W) 2:45-6:45PM	CYF Birthday Party(F) 2-4:30PM (If scheduled*)	CYF Birthday Party(F) 2:15-4:30PM (If scheduled*)
Open Gym(E) 12:45-4PM						
					Open Gym(F) 4:45-6:45PM	
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) 3:15-6:45PM	Group Fitness(E) 4:45-5:45PM	Group Fitness(W) 6:45-8PM	Intermediate/Advanced Volleyball(F) 4:45-8PM
Group Fitness(W) 4:15-5:15PM	Group Fitness (F) 5:15-6:30PM	Group Fitness(E) 6:45-7:45PM	Group Fitness(E) 4-6:15	Beginner Volleyball(F) 7-8:30PM	Basketball(E) 7-8:45PM	Open Gym(E) 8:15-8:45PM
Open Gym(F) 5:15-5:45PM	Futsal(F) 6:45-8:15PM	Indoor Hockey(F) 8-9:30PM	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		Futsal (F) 8:15-9:45PM			
Basketball(F) 8:15-10:15PM	Intermediate/Advanced Volleyball(W) 8:30-10:15PM					

