

### Room Guide: (G) Full Gym - (W) West Gym - (E) East Gym

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING and AFTERNOON						
<b>Open Gym (E)</b> 5:30-8:45AM	<b>Open Gym (E)</b> 5:30AM-4PM	<b>Open Gym (E)</b> 5:30am-9AM	<b>Open Gym (E)</b> 5:30AM-4PM	<b>Open Gym (G)</b> 5:30-10:15AM	<b>Open Gym (E)</b> 7-11:30AM	<b>Open Gym (G)</b> 7-9AM
<b>Open Gym (W)</b> 5:30-8:45AM	<b>Open Gym (W)</b> 5:30-8:45AM	<b>Open Gym (W)</b> 5:30-7AM	<b>Badminton (W)</b> 6:15-7:45AM	<b>Group Fitness(G)</b> 10:30-11:45AM	<b>Open Gym (W)</b> 7-8AM	<b>Group Fitness (G)</b> 9:30-10:30AM
<b>Group Fitness (W)</b> 9-10AM	<b>Group Fitness (W)</b> 9-10AM	<b>Group Fitness (G)</b> 9-10AM	<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 (W)</b> 10:45-11:30AM
<b>Indoor Family Playground (E)</b> 9-12:30PM	<b>Group Fitness (W)</b> 1:15-2PM	<b>Open Gym (E)</b> 10:15AM-6:30PM	<b>Group Fitness (W)</b> 9-11AM	<b>Open Gym (W)</b> 1:15-4:15PM	<b>Badminton (G)</b> 11:45-2PM	<b>Badminton (G)</b> 11:45-2PM
<b>Group Fitness (W)</b> 11:15-1:30PM		<b>Open Gym (W)</b> 10:15-5:15PM	<b>Open Gym (W)</b> 11:15-12PM	<b>Open Gym (E)</b> 12-4:30PM	<b>Birthday Party (G)</b> 2-4:30PM (If scheduled*)	<b>Birthday Party (G)</b> 2-4:30PM (If scheduled*)
<b>Open Gym (W)</b> 1:45pm-4PM			<b>Beginner Volleyball (W)</b> 1:15-3PM	<b>Group Fitness (W)</b> 4:15 -6:45PM	<b>Open Gym (G)</b> 4:45-6:45PM	
<b>Open Gym(E)</b> 12:45-4PM						
EVENING						
<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> 3:15-6:45PM	<b>Group Fitness (E)</b> 4:45-5:45PM	<b>Group Fitness (W)</b> 6:45-8PM	<b>Intermediate/ Adv. Volleyball (G)</b> 4:45-6:15PM
<b>Group Fitness(W)</b> 4:15-5:15PM	<b>Group Fitness (F)</b> 4-6:30PM	<b>Group Fitness (E)</b> 6:45-7:45PM	<b>Group Fitness (E)</b> 4-6:15PM	<b>Beginner Volleyball (G)</b> 7-8:30PM	<b>Basketball (E)</b> 7-8:45PM	<b>Advanced Volleyball(G)</b> 6:30 to 8PM
<b>Open Gym (G)</b> 5:15-5:45PM	<b>Futsal (F)</b> 6:45-8:15PM	<b>Basketball(G)</b> 8-9:45PM	<b>Group Fitness (G)</b> 5:15-8PM	<b>Intermediate/ Adv. Volleyball (G)</b> 8:45-10:15PM		<b>Open Gym (E)</b> 8:15-8:45PM
<b>Group Fitness (F)</b> 6-8PM	<b>Basketball (E)</b> 8:30-10:15PM		<b>Futsal (G)</b> 8:15-9:45PM			
<b>Basketball(G)</b> 8:15-10:15PM	<b>Intermediate Adv. Volleyball (W)</b> 8:30-10:15PM					