

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING and AFTERNOON						
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 (G) 5:30- 10:15AM	Open Gym (E) 7-11:30AM	Open Gym (G) 7-9AM
Open Gym (W) 5:30-8:15AM	Open Gym (W) 5:30- 8:45AM	Open Gym (W) 5:30-7AM	Badminton (W) 6:15-7:45AM	Group Fitness(G) 10:30-11:45AM	Open Gym (W) 7-8AM	Group Fitness (G) 9:30-10:30AM
Group Fitness (W) 8:30- 9:30AM	Group Fitness (W) 9- 10AM	Group Fitness (G) 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	Group Fitness (W) 1:15-2PM	Open Gym (E) 10:15AM-5:15PM	Group Fitness (W) 9-11AM	Open Gym (W) 1:15-4:15PM	Badminton (G) 11:45-1:45PM	Basketball(E) 10:45-11:30AM
Group Fitness (W) 11:15-1:30PM		Open Gym (W) 10:15-5:15PM	Open Gym (W) 11:15-3PM	Open Gym (E) 12-4:30PM	Kick Like a Girl (G) 2- 4:30PM (Oct18-Dec6)	Badminton (G) 11:45-2PM
Open Gym (W) 1:45pm-4PM				Group Fitness (W) 4:15 –6:45PM	Open Gym (G) 4:45-8:45PM	Birthday Party (G) 2:30-4:30PM (If scheduled*)
Open Gym(E) 12:45-4PM						
EVENING						
Kid's Futsal (E) 4:15-5PM	Badminton (W) 2:15-3:45PM	Group Fitness (G) 5:15-8PM	Group Fitness (W) 3:15- 6:45PM	Open Gym(E) 4:45- 6:45PM		Intermediate/ Adv. Volleyball (G) 4:45-6:15PM
Group Fitness(W) 4:15-5:15PM	Group Fitness (F) 4- 6:30PM	Floor Hockey(G) 8-9:30PM	Group Fitness (E) 4-6:15PM	Beginner/Intermediate Volleyball (G) 7-8:30PM		Advanced Volleyball(G)6:30 to 8PM
Open Gym (G) 5:15-5:45PM	Futsal (F) 6:45-8:15PM		Group Fitness (G) 5:15-8PM	Advanced Volleyball (G) 8:45-10:15PM		Open Gym (E) 8:15-8:45PM
Group Fitness (F) 6-8PM	Basketball (E) 8:30-10:15PM		Futsal (G) 8:15-9:45PM			
Basketball(G) 8:15-10:15PM	Intermediate Adv. Volleyball (W) 8:30- 10:15PM					