

## Gymnasium Schedule – Updated Jan 10th, 2025

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

| MONDAY   | TUESDAY  | WEDNESDAY                          | THURSDAY                                    | FRIDAY   | SATURDAY  | SUNDAY  |
|--|--|------------------------------------|---|--|---|---|
| <b>MORNING and AFTERNOON</b>                     |  |                                    |   |  |   |   |
| <b>Open Gym</b><br>(E)<br>5:30-8:45AM            | <b>Open Gym</b> (E)<br>5:30AM-4PM                    | <b>Open Gym</b> (E)<br>5:30am-9AM  | <b>Open Gym</b> (E)<br>5:30AM-4PM           | <b>Open Gym</b> (G) 5:30-10:15AM                     | <b>Open Gym</b> (E)<br>7-11:30AM                            | <b>Open Gym</b> (G)<br>7-9AM                                    |
| <b>Badminton</b><br>(W) 6:15 to 7:45AM           | <b>Open Gym</b> (W) 5:30-8:45AM                      | <b>Open Gym</b> (W) 5:30-7AM       | <b>Badminton</b> (W) 6:15-7:45AM            | <b>Group Fitness</b> (G) 10:30-11:45AM               | <b>Open Gym</b> (W) 7-8AM                                   | <b>Group Fitness</b> (G) 9:30-10:30AM                           |
| <b>Group Fitness</b> (W)<br>8:30-9:30AM          | <b>Group Fitness</b> (W) 9-10AM                      | <b>Group Fitness</b> (G) 9-10AM    | <b>Open Gym</b> (W) 8-8:45am                | <b>Open Gym</b> (W) 12-4:15PM                        | <b>Group Fitness</b> (W) 8:15-11:30AM                       | <b>Group Fitness</b> (W) 10:45-11:30AM                          |
| <b>Indoor Family Playground</b> (E)<br>9-12:30PM | <b>Group Fitness</b> (W) 12-1PM                      | <b>Open Gym</b> (E) 10:15AM-5:15PM | <b>Group Fitness</b> (W) 9-11AM             | <b>Open Gym</b> (E) 12-4:30PM                        | <b>Badminton</b> (G) 11:45-1:45PM                           | <b>Basketball</b> (E) 10:45-11:30AM                             |
| <b>Group Fitness</b> (W)<br>11:15-1:30PM         | <b>Badminton</b> (W) 2:15-3:45PM                     | <b>Open Gym</b> (W) 10:15-5:15PM   | <b>Open Gym</b> (W) 11:15 to 11:45PM        |  | <b>Kick Like a Girl</b> (G) 2-4:30PM<br><i>(Oct18-Dec6)</i> | <b>Badminton</b> (G) 11:45-2PM                                  |
| <b>Open Gym</b> (W)<br>1:45pm-4PM                | <b>Group Fitness</b> (E) 4:15 to 5:15 PM             |                                    | <b>Group Fitness</b> (W) 12 to 1PM          | <b>Group Fitness</b> (W) 4:30 -6:45PM                | <b>Soccer Without Borders</b> (G) 5-8PM                     | <b>Birthday Party</b> (G) 2:30-4:30PM<br><i>(If scheduled*)</i> |
| <b>Open Gym</b> (E)<br>12:45-4PM                 | <b>Open Gym</b> (W) 4:30 to 5:15 PM                  |                                    | <b>Group Fitness</b> (W) 3:15-6:45PM        | <b>Open Gym</b> (E) 4:45-6:45PM                      |   |   |
| <b>EVENING</b>                                   |  |                                    |   |  |   |   |
| <b>Kid's Futsal</b> (E)<br>4:15-5:15PM           | <b>Group Fitness</b> (F) 5:15-6:30PM                 | <b>Group Fitness</b> (G) 5:15-8PM  | <b>Kid's Basketball</b> (E) 4:15 to 5:15 PM | <b>Beginner/Intermediate Volleyball</b> (G) 7-8:30PM |   | <b>Intermediate/Adv. Volleyball</b> (G) 4:45-6:15PM             |
| <b>Group Fitness</b> (W)<br>4:15-5:15PM          | <b>Futsal</b> (F) 6:45-8:15PM                        | <b>Floor Hockey</b> (W) 8-9:30PM   | <b>Group Fitness</b> (G) 5:15-8PM           | <b>Advanced Volleyball</b> (G) 8:45-10:15PM          |   | <b>Advanced Volleyball</b> (G) 6:30 to 8PM                      |
| <b>Group Fitness</b> (G) 6-7PM                   | <b>Basketball</b> (E) 8:30-10:15PM                   | <b>Basketball</b> (E) 8 to 10PM    | <b>Advanced Futsal</b> (W) 8:15-9:45PM      |  |   |   |
| <b>Open Gym</b> (E) 7:15 to 8PM                  | <b>Intermediate Adv. Volleyball</b> (W) 8:30-10:15PM |                                    | <b>Basketball</b> (E) 8:15 to 10PM          |  |   |   |
| <b>Basketball</b> (G)<br>8:15-10:15PM            |  |                                    |   |  |   |   |