

Gymnasium Schedule – Updated Jan 26th, 2026

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