

## Gymnasium Schedule Updated November 13, 2024

### Room Guide:

(F) Full Gymnasium · (W) West Gymnasium  
(E) East Gymnasium

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Morning – Open to 12:00pm</b>						
<b>Open Gym (E)</b> 5:30-9:15am	<b>Open Gym (E)</b> 5:30-12pm	<b>Open Gym (E)</b> 5:30-12pm	<b>Open Gym (E)</b> 6am-1pm	<b>Open Gym (F)</b> 5:30-10:30am	<b>Open Gym (E)</b> 7-11:45am	<b>Open Gym (E)</b> 7-10:30am
<b>Open Gym (W)</b> 5:30-11:00am	<b>Open Gym (W)</b> 5:30-6:30am	<b>Open Gym (W)</b> 5:30-7am	<b>Badminton (W)</b> 6:15-8am	<b>Group Fitness (F)</b> 10:45-11:45am	<b>Open Gym (W)</b> 7-8:15am	<b>Open Gym (W)</b> 7-9:45am
<b>Group Fitness (W)</b> 11:15-1:30pm	<b>Group Fitness (W)</b> 6:30-7:30am	<b>Group Fitness (W)</b> 7-10am	<b>Group Fitness (W)</b> 8-10am		<b>Group Fitness (W)</b> 8:15-10:30am	<b>Group Fitness (W)</b> 9:45-10:45am
<b>Indoor Family Playground (E)</b> 9:30-12:15pm	<b>Open Gym (W)</b> 7:45-10:30am	<b>Open Gym (W)</b> 10:15-12pm	<b>Open Gym (W)</b> 10-12pm		<b>Open Gym (W)</b> 10:30-11:45am	<b>Group Fitness (E)</b> 10:30-11:30am
	<b>Group Fitness (W)</b> 10:45-11:30am					<b>Badminton (W)</b> 11-11:45am
<b>Afternoon – 12:00pm to 4:00pm</b>						
<b>Open Gym (W)</b> 1:45pm-4pm	<b>Group Fitness (W)</b> 12:15-1pm	<b>Group Fitness (W)</b> 12-12:45pm	<b>Open Gym (F)</b> 12-1:15pm	<b>Open Gym (E)</b> 11:45-5:30pm	<b>Badminton (F)</b> 11:45-2pm	<b>Badminton (F)</b> 11:45-2pm
<b>Open Gym (E)</b> 12-4pm	<b>Open Gym (W)</b> 1-4pm	<b>Open Gym (E)</b> 12-4:30pm	<b>Volleyball (F)</b> 1:15-3:15pm	<b>Open Gym (W)</b> 11:45-4:30pm	<b>Open Gym (E)</b> 2-4:15pm	<b>Open Gym (E)</b> 2-4:45pm
	<b>Open Gym (E)</b> 12-4pm	<b>Open Gym (W)</b> 1-5:15pm	<b>Open Gym (F)</b> 3:15-3:45pm		<b>Open Gym (W)</b> 2-4:15pm	<b>Open Gym (W)</b> 2-4:30pm
<b>Evening – 4:00pm to Close</b>						
<b>Kid's Futsal (E)</b> 4:15-5pm	<b>Group Fitness (F)</b> 4:15-6:30pm	<b>Group Fitness (E)</b> 5:15-6:30pm	<b>Kid's Basketball (E)</b> 4-5pm	<b>Group Fitness (E)</b> 5:30-6:30pm	<b>Basketball (F)</b> 4:15-8:45pm	<b>Volleyball (F)</b> 4:45-7:15pm
<b>Group Fitness (W)</b> 4:15-5:15pm	<b>Futsal (F)</b> 6:45-8:15pm	<b>Group Fitness (W)</b> 5:15-7:45pm	<b>Group Fitness (F)</b> 5:30-8pm	<b>Group Fitness (W)</b> 4:30-6:45pm		<b>Open Gym (E)</b> 7:15-8:45pm
<b>Open Gym (F)</b> 5:15-6pm	<b>Basketball (E)</b> 8:30-10:15pm	<b>Open Gym (E)</b> 6:15-8pm	<b>Futsal (F)</b> 8:15-9:45pm	<b>Volleyball (F) Session 1</b> 7-8:30pm		
<b>Group Fitness (F)</b> 6-8pm	<b>Volleyball (W)</b> 8:30-10:15pm	<b>Basketball (F)</b> 8-10:15pm	<b>Open Gym (F)</b> 9:45-10:15pm	<b>Volleyball (F) Session 2</b> 8:45-10:15pm		
<b>Basketball (F)</b> 8:15-10:15pm						