

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning – Open to 12:00pm						
Reserved Table Tennis 8am-10:15am	SVN Food Hub 10-12pm	Member coffee Hour 9am-10am	Reserved Table Tennis 8am-10:15am	Reserved Table Tennis 8am-10:15am	Group Fitness-Y cardio dance 8am-10:15am	
Afternoon – 12:00pm to 4:00pm						
					Drop-in Table Tennis 12pm-3:00pm	Drop-in Table Tennis 12pm-3:00pm
					Reserved Table Tennis 3pm-4:45pm	Reserved Table Tennis 3pm-4:45pm
Evening – 4:00pm to Close						
Reserved Table Tennis 3pm-5:15pm	Reserved Table Tennis 3pm-5:15pm	Reserved Table Tennis 3pm-5:15pm	Reserved Table Tennis 3pm-5:15pm	Reserved Table Tennis 3pm-5:15pm		
Drop-in Table Tennis 5:15-8:45pm	Drop-in Table Tennis 5:15-8:45pm	Drop-in Table Tennis 5:15-8:45pm	Drop-in Table Tennis 5:15-8:45pm	Group Fitness-Bollywood 5:45-6:45pm		
				Drop-in Table Tennis 7:15-8:45pm		

Updated on January 7, 2025

- For live updates, please check the YMCA BC app.
- For reserved table tennis or Group fitness please book through the YMCA App. See staff for more information
- This schedule is subject to change without notice.