

## Langara Family YMCA

## MPR Schedule Winter

Updated on February 4, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning – Open to 12:00pm						
Reserved Table Tennis 8:00-10:15am	<b>Reserved –</b> <b>Private group</b> 10am-12pm	<b>Member Coffee Hour</b> 9:00-10:00am	Reserved Table Tennis 8:00-10:15am	Reserved Table Tennis 8:00-10:15am	Y Cardio Dance 10:30-11:45am	
		Afterne	on – 12:00pm to 4			
Reserved Table	Reserved Table	Reserved Table	Reserved Table	Reserved Table	Drop In Table	Drop in Table
Tennis 3:00-5:15pm	<b>Tennis</b> 3:00-5:15pm	<b>Tennis</b> 2:15-5:15pm	<b>Tennis</b> 3:00-5:15pm	<b>Tennis</b> 3:00-5:15pm	<b>Tennis</b> 12:00-3:00pm	<b>Tennis</b> 12:00-3:00pm
					Reserved Table Tennis 3:00-4:45pm	Reserved Table Tennis 3:00-4:45pm
Evening – 4:00pm to Close						
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	<b>Bollywood</b> 5:45-6:45pm		
				Drop in Table Tennis 7:15-8:45pm		
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This schedule is subject to change without warning

Please allow 15 minutes for set up and take down times