

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	Reserved – Private group 10am-12pm	Member Coffee Hour 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	Tennis 3:00-5:15pm	Tennis 2:15-5:15pm	Tennis 3:00-5:15pm	Tennis 3:00-5:15pm	Tennis 12:00-3:00pm	Tennis 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	Bollywood 5:45-6:45pm		
				Drop in Table Tennis 7:15-8:45pm		
		1		1		

This schedule is subject to change without warning

Please allow 15 minutes for set up and take down times