

Gymnasium Schedule Updated March 25, 2025

Room Guide:

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

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