

Room Guide: (G) Full Gym - (W) West Gym - (E) East Gym

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING and AFTERNOON						
Open Gym (E) 5:30-8:45am	Open Gym (E) 5:30am-4:15pm	Open Gym (G) 5:30am-8:45am	Open Gym (E) 5:30am-9am	Open Gym (G) 5:30-10:15am	Open Gym (E) 7-11:30am	Open Gym (E) 7-9:15am
Badminton (W) 6:15 to 7:45am	Open Gym (W) 5:30-10:30am	Open Gym (W) 10:15-12pm	Badminton (W) 6:15-7:45am	Group Fitness (G) 10:30-11:45am	Open Gym (W) 7-8am	Open Gym (W) 7-8am
Indoor Family Playground (E) 9:30am-12pm	Group Fitness (W) 10:45-1pm	Open Gym (E) 10:15am-5:15pm	Indoor Family Playground (E) 9:30am-12pm	Open Gym (W) 12-4:15pm	Group Fitness (W) 8:15-11:30am	Group Fitness (G) 9:30-10:30am
Group Fitness (W) 8:30-9:30am	Open Gym (W) 1:15-2pm	Open Gym (W) 1:15-5:15pm	Open Gym (W) 8-10:45am	Open Gym (E) 12-6:45pm	Badminton (G) 11:45-1:45pm	Group Fitness (W) 10:45-11:30am
Group Fitness (W) 11:15-1:30pm	Badminton (W) 2:15-3:45pm		Open Gym (W) 1:15-4pm		Open Gym (G) 2-6pm	Basketball (E) 10:45-11:30am
Open Gym (W) 1:45pm-4pm			Open Gym (E) 12:30-4pm			Badminton (G) 11:45-2pm
Open Gym (E) 12:45-4pm						Birthday Party (G) 2:30-4:30pm <i>(If scheduled*)</i>
EVENING						
Kid's Futsal (E) 4:15-5:15pm	Open Gym (W) 4-5:15pm	Group Fitness (G) 5:15-7:45pm	Group Fitness (W) 4:15-6:45pm	Group Fitness (W) 4:30 -6:45pm	Basketball (G) 6:15-8:45pm	Intermediate/ Adv. Volleyball (G) 4:45-6:15pm
Group Fitness (W) 4:15-5:15pm	Futsal (W) 6:45-8:15pm	Floor Hockey (W) 8-9:30pm	Kid's Basketball (E) 4:15 to 5:15 pm	Beginner/Intermediate Volleyball (G) 7-8:30pm		Advanced Volleyball (G) 6:30 to 8pm
Group Fitness (G) 6-7pm	Basketball (E) 8:30-10:15pm	Basketball (E) 8-10pm	Group Fitness (G) 5:30-8pm	Intermediate/Advanced Volleyball (G) 8:45-10pm		
Basketball (G) 7:15-10:15pm	Advanced Volleyball (W) 8:30-10:15pm		Open Gym (W) 8:15-9:45pm			
			Basketball (E) 8:15 to 10pm			