

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- 5:15pm	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- 8:15am	Open Gym (W)10:15- 11:45am	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) 12-1:15pm	Group Fitness (W) 8:15- 11:30am	Group Fitness (G) 9:30- 10:30am
Group Fitness (W) 8:30- 9:30am	Summer Camp Program (W) 1:15-2:45pm	Open Gym (W)2:30-5:15pm	Open Gym (W) 8-10:30am	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) 3-3:45pm		Summer Camp Program (W) 1:15-2:45pm	Summer Camp Program (W) 1:15-2:45pm	Open Gym (G) 2-6pm	Basketball (E) 10:45-11:30am
Open Gym (W) 1:45pm-4pm	Open Gym (W) 4-5:15pm		Open Gym (E)12:30-4pm	Open Gym (W) 3-4:15pm		Badminton (G) 11:45-2pm
Open Gym (E) 12:45-4pm						Birthday Party (G) 2:30- 4:30pm (If scheduled*)
EVENING						
Kid's Futsal (E) 4:15-5:15pm	Futsal (W) 6:45-8:15pm	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	Basketball (E) 8:30-10:15pm	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	Beginner Volleyball (W) 8:30- 10pm	Basketball (E) 8- 10pm	Group Fitness (G) 5:30-8pm	Intermediate/Advanced Volleyball (G) 8:45-10pm		
Basketball (G) 7:15-10:15pm			Basketball (G)8:15 to 10pm			