



Gymnasium Schedule

Updated August 21, 2026

Please note that there will be a minimum 10 minute set-up period between all programs.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning						
Open Gym (F) 5:30am-8:45am	Open Gym (F) 5:30am-10:15am	Open Gym (F) 5:30am-8:00am	Open Gym (F) 5:30am-8:45am	Open Gym (F) 5:30am-8:45am	Open Gym (F) 7:00am-7:45am	Badminton (F) 7:00am-10:30am
Group Fitness (F) 9:15am-10:15am	Indoor Family Playground (G2) 10:30am12:00pm	Open Gym (G2) 8:00am-10:15am	Group Fitness (F) 9:15am-10:15am	Group Fitness (F) 9:15am-10:15am	Group Fitness (F) 8:15am-9:15am	Children’s Rock Climbing (G1) Ages 6-12 11:00-1:30pm
Bouncy Castle (G2) 10:30am-12:00pm	Open Gym(F) 12:30pm-3:30pm	Healthy Heart (G1) 8:00am-10:00am	Y Move (G2) 10:30am-11:10pm		Group Fitness (F) 9:30am-10:30am	Bouncy Castle (G2) 11:00am-1:30pm
Open Gym(F) 12:30pm-3:30pm		Basketball (G1) 10:00am-12:30pm	Y Move (G2) 11:15am-11:55pm		Open Gym (G1) 10:45am-1:45pm	
		Bouncy Castle (G2) 10:30am-12:00pm	Open Gym(F) 12:30pm-3:30pm		Bouncy Castle (G2) 11:00am-1:30pm	
Evening						
Youth Basketball (G2) Ages 10-18 3:30pm-5:00pm	Youth Basketball (G2) Ages 10-18 3:30pm-5:00pm	Open Gym(F) 12:30pm-3:30pm	Youth Basketball (G2) Ages 10-18 3:30pm-5:00pm	Basketball (F) Ages 10+ 1:45pm-3:45pm	Badminton (F) 2:00pm-4:30pm	Basketball (F) Ages 10+ 2:00pm-5:00pm
Adult Basketball (G1) Ages 19+ 3:30pm-6:15pm	Adult Basketball (G1) Ages 19+ 3:30pm-6:45pm	Children’s Rock Climbing (G1) Ages 6-12 3:30pm-5:30pm	Adult Basketball (G1) Ages 19+ 3:30pm-5:00pm	Youth Night(F) 4:00pm-7:00pm	Basketball (F) Ages 10+ 4:30pm-8:55pm	Open Gym (F) 5:15pm-8:55pm
Child, Youth, & Family Programs (G2)5:15-7:30pm	Child, Youth, & Family Programs (G2) 5:15-7:30pm	Youth Basketball (G2) Ages 10-18 3:30pm-5:00pm	Child, Youth, & Family Programs (G2) 5:15-7:30pm	Basketball (F) Ages 10+ 7:15pm-9:55pm		
Generation Health Clinic (G1) 6:15pm-7:30pm	Generation Health Clinic (G1) 6:15pm-7:30pm	Child, Youth, & Family Programs (G2) 5:15-6:30pm	Generation Health Clinic (G1) 6:15pm-7:30pm			
Karate (G1) 7:30pm – 8:30pm	Adult Basketball (F) Ages 19+ 8:00pm-9:55pm	Group Fitness (F) 6:45pm-7:45pm	Karate (G1) 7:30pm – 8:30pm			
Badminton (G1) 7:30pm-8:30pm		Badminton (F) 8:00pm-9:55pm	Adult Basketball (F) Ages 19+ 8:30pm-9:55pm			
Badminton (F) 8:40pm-9:55pm						
Schedule subject to change without notice.				ymcab.ca/locations/tong-louie-ymca		