

GYM SCHEDULE Winter 2020

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time/Day					
9:00 am	Open Gym 9:00-4:00	Open Gym 9:00-3:30	Open Gym 9:00-6:30	Open Gym 9:00-10:00	Open Gym 9:00-6:30pm	*Jr. Soccer Club 9:00-10:30	Open Gym 9:00-11:00	9:00 am					
9:30 am				Introduction to Rec 10:00-12:00		*Masters Basketball 10:30-12:30		9:30 am					
10:00 am				Open Gym 12:00-4:00				*Table Tennis Club 12:30-4:30	10:00 am				
10:30 am							*Adult Soccer Club 11:00-1:00		10:30 am				
11:00 am						*Kick Start 3:30-4:30	*Badminton Club 1:00-4:00		11:00 am				
11:30 am									Open Gym 4:00-5:30	CLUB CLOSED	11:30 am		
12:00 pm						*Kick Start 4:00-5:00	Open Gym 4:00-5:30				12:00 pm		
12:30 pm											Open Gym 5:00-7:30	*Badminton Club 6:30-9:30	12:30 pm
1:00 pm						*Co-ed B-ball 4:00-5:00	*Netball 5:00-6:30						1:00 pm
1:30 pm													Open Gym 4:30-7:30
2:00 pm						*Badminton Club 1:00-4:00	*Badminton Club 6:30-9:30						
2:30 pm													Open Gym 4:00-5:30
3:00 pm				Open Gym 4:00-5:30		*Volleyball 7:30-9:30	3:00 pm						
3:30 pm	Open Gym 4:00-5:30	*Volleyball 7:30-9:30	3:30 pm										
4:00 pm			Open Gym 4:00-5:30	*Volleyball 7:30-9:30	4:00 pm								
4:30 pm	Open Gym 4:00-5:30	*Volleyball 7:30-9:30			4:30 pm								
5:00 pm			Open Gym 4:00-5:30	*Volleyball 7:30-9:30	5:00 pm								
5:30 pm	Open Gym 4:00-5:30	*Volleyball 7:30-9:30			5:30 pm								
6:00 pm			Open Gym 4:00-5:30	*Volleyball 7:30-9:30	6:00 pm								
6:30 pm	Open Gym 4:00-5:30	*Volleyball 7:30-9:30			6:30 pm								
7:00 pm			Open Gym 4:00-5:30	*Volleyball 7:30-9:30	7:00 pm								
7:30 pm	Open Gym 4:00-5:30	*Volleyball 7:30-9:30			7:30 pm								
8:00 pm			Open Gym 4:00-5:30	*Volleyball 7:30-9:30	8:00 pm								
8:30 pm	Open Gym 4:00-5:30	*Volleyball 7:30-9:30			8:30 pm								
9:00 pm			Open Gym 4:00-5:30	*Volleyball 7:30-9:30	9:00 pm								
9:30 pm	GYM CLOSED						9:30 pm						

***Only those who are registered in the programs or clubs or house leagues may participate.**

Note: The gym closes weeknights at 9:30 pm and weekends at 5:30 pm. Members have one half hour to shower and change. All members must exit the building by 10:00 pm on weeknights and by 6:00 pm on weekends.