



## Daily Gymnasium Schedule

(Effective October 9 - December 3, 2017)

Rev. B

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
9:00am	Gym N/A	Senior's Walking Time (Fall Prevention Month) Drop-In 9 - 11am	Gym N/A	Open Gym Drop-In 9am - 1:45pm	Gym N/A	Gym N/A	Open Gym Drop-In 9am - 12pm	
9:30am	Reg. Program 9:30am - 12pm (excl. Oct 9)		Open Gym Drop-In 11:15am - 3:30pm		Open Gym Drop-In 11:45 - 4:15pm	Reg. Program 9:30am - 12pm		Reg. Program 9:30 - 11:30am (excl. Nov 11, 18 & 25)
10:00am								
10:30am								
11:00am								
11:30am	Open Gym Drop-In 2:15 - 5:45pm	Open Gym Drop-In 3:45 - 5:45pm	Open Gym Drop-In 5:45 - 8:15pm	Open Gym Drop-In 5:45-8:15pm	Open Gym Drop-In 6:15 - 8:15pm			
12:00pm						Volleyball Drop-In (Family & Youth) 3:45 - 5:45pm	Reg. Program 6:15 - 7:15pm	Reg. Program 7:30 - 8:30pm
12:30pm	Open Gym Drop-In 11:15am - 3:30pm	Reg. Program 4:30 - 5:30pm	Reg. Program 5:15 - 6:15pm	Reg. Program 6:15 - 7:15pm	Reg. Program 7:30 - 8:30pm			
1:00pm						Open Gym Drop-In 2:15 - 5:45pm	Reg. Program 4:30 - 5:30pm	Reg. Program 5:15 - 6:15pm
1:30pm	Open Gym Drop-In 2:15 - 5:45pm	Reg. Program 4:30 - 5:30pm	Reg. Program 5:15 - 6:15pm	Reg. Program 6:15 - 7:15pm	Reg. Program 7:30 - 8:30pm			
2:00pm						Open Gym Drop-In 2:15 - 5:45pm	Reg. Program 4:30 - 5:30pm	Reg. Program 5:15 - 6:15pm
2:30pm	Open Gym Drop-In 2:15 - 5:45pm	Reg. Program 4:30 - 5:30pm	Reg. Program 5:15 - 6:15pm	Reg. Program 6:15 - 7:15pm	Reg. Program 7:30 - 8:30pm			
3:00pm						Open Gym Drop-In 2:15 - 5:45pm	Reg. Program 4:30 - 5:30pm	Reg. Program 5:15 - 6:15pm
3:30pm	Open Gym Drop-In 2:15 - 5:45pm	Reg. Program 4:30 - 5:30pm	Reg. Program 5:15 - 6:15pm	Reg. Program 6:15 - 7:15pm	Reg. Program 7:30 - 8:30pm			
4:00pm						Open Gym Drop-In 2:15 - 5:45pm	Reg. Program 4:30 - 5:30pm	Reg. Program 5:15 - 6:15pm
4:30pm	Open Gym Drop-In 2:15 - 5:45pm	Reg. Program 4:30 - 5:30pm	Reg. Program 5:15 - 6:15pm	Reg. Program 6:15 - 7:15pm	Reg. Program 7:30 - 8:30pm			
5:00pm						Open Gym Drop-In 2:15 - 5:45pm	Reg. Program 4:30 - 5:30pm	Reg. Program 5:15 - 6:15pm
5:30pm	Open Gym Drop-In 2:15 - 5:45pm	Reg. Program 4:30 - 5:30pm	Reg. Program 5:15 - 6:15pm	Reg. Program 6:15 - 7:15pm	Reg. Program 7:30 - 8:30pm			
6:00pm						Open Gym Drop-In 2:15 - 5:45pm	Reg. Program 4:30 - 5:30pm	Reg. Program 5:15 - 6:15pm
6:30pm	Open Gym Drop-In 2:15 - 5:45pm	Reg. Program 4:30 - 5:30pm	Reg. Program 5:15 - 6:15pm	Reg. Program 6:15 - 7:15pm	Reg. Program 7:30 - 8:30pm			
7:00pm						Open Gym Drop-In 2:15 - 5:45pm	Reg. Program 4:30 - 5:30pm	Reg. Program 5:15 - 6:15pm
7:30pm	Open Gym Drop-In 2:15 - 5:45pm	Reg. Program 4:30 - 5:30pm	Reg. Program 5:15 - 6:15pm	Reg. Program 6:15 - 7:15pm	Reg. Program 7:30 - 8:30pm			
8:00pm						Open Gym Drop-In 2:15 - 5:45pm	Reg. Program 4:30 - 5:30pm	Reg. Program 5:15 - 6:15pm
8:30pm	Open Gym Drop-In 2:15 - 5:45pm	Reg. Program 4:30 - 5:30pm	Reg. Program 5:15 - 6:15pm	Reg. Program 6:15 - 7:15pm	Reg. Program 7:30 - 8:30pm			
9:00pm						Open Gym Drop-In 2:15 - 5:45pm	Reg. Program 4:30 - 5:30pm	Reg. Program 5:15 - 6:15pm
9:30pm	Open Gym Drop-In 2:15 - 5:45pm	Reg. Program 4:30 - 5:30pm	Reg. Program 5:15 - 6:15pm	Reg. Program 6:15 - 7:15pm	Reg. Program 7:30 - 8:30pm			
10:00pm						<b>CLOSED</b>		

**\*ALL USERS MUST CHECK IN AT THE OFFICE  
BEFORE ENTERING THE GYM**

**\*INDOOR SHOES ARE MANDATORY  
FOR ALL USERS**