

GYMNASIUM SCHEDULE



| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | | |
|----------|---|---|---|---|---|--|--|--|--|
| 6:00 AM | Platinum Access 6am - 4pm | Platinum Access 6am - 4pm | Platinum Access 6am - 4pm | Platinum Access 6am - 4pm | Platinum Access 6am - 4pm | | | | |
| 6:30 AM | | | | | | | | | |
| 7:00 AM | | | | | | | | | |
| 7:30 AM | | | | | | Platinum Access 8am - 9am | | Platinum Access 8am - 10am | |
| 8:00 AM | | | | | | | | | |
| 8:30 AM | | | | | | Cardio Bootcamp 9am - 10am Debbi | | Family Gym 10am - 12pm | |
| 9:00 AM | | | | | | Family Gym 10am - 12pm | | | |
| 9:30 AM | | | | | | Platinum Access 12pm - 1:30pm | | Floor Hockey 16+ Years old Open To All Residents | |
| 10:00 AM | | | | | | | | | |
| 10:30 AM | | | | | | Gym Rental \$40/Hour 2pm - 5pm | | Gym Rental \$40/Hour 2pm - 5pm | |
| 11:00 AM | | | | | | | | | |
| 12:00 PM | Youth Basketball 10-16 years old 4pm - 5:30pm | LEAF After School Program Platinum Access 5pm - 6:30pm | Youth Basketball 10-16 years old 4pm - 5:30pm | LEAF After School Program Platinum Access 5pm - 6:30pm | LEAF After School Program | Badminton 16+ Years old Open To All Residents 5pm - 7pm | | | |
| 1:30 PM | | | | | | | | | |
| 2:00 PM | Skip Circuit - 45 min 6pm - 6:45pm Debbi | | CrossFIT - 45 min 6pm - 6:45pm Debbi | | Soccer - Youth 10-16 years old 5pm - 6:30pm | | Badminton 16+ Years old Open To All Residents 5pm - 7pm | | |
| 2:30 PM | | | | | | | | | |
| 3:00 PM | Volleyball Platinum Access Only 7pm - 9pm | | Basketball Platinum Access Only 7pm - 9:30pm | | Platinum Access 6:30pm - 9:30pm | | Gym Rental \$40/Hour 7pm - 10pm | | |
| 3:30 PM | | | | | | | | | |
| 4:00 PM | Platinum Access 9pm - 10pm | | | | | | | | |
| 4:30 PM | | | | | | | | | |
| 5:00 PM | | | | | | | | | |
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| 8:30 PM | | | | | | | | | |
| 9:00 PM | | | | | | | | | |
| 9:30 PM | | | | | | | | | |

*Platinum Access Only - Each resident must scan fob to verify access

*Family Gym - Parent must accompany child. Age restriction is 9 years and under.

*Gym Rental - Can be rented for any day/times with enough notice.

*Gym Rental - Non-Scheduled rental times will become platinum access only