



GYM SCHEDULE

January 26 - February 1 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Varsity Speed (North) 6:30am - 8:00am	Varsity Rowing (South) 6:00am - 8:00am			Varsity Rowing 6:00am - 7:00am	Varsity Practice 7:00am - 7:45am	Open Gym 7:00am - 7:45am
School Of ED 8:00am - 3:00pm	Varsity MRUG 7:00am - 8:00am	Canadian Blood Services 6:00am - 3:30pm	Varsity WSOC 7:00am - 8:00am	Varsity WSOC 7:00am - 8:00am	Advanced Pickleball Ladder League 8:00am - 10:00am	External Booking 8:00am - 10:00am
Varsity VBALL 3:00pm - 6:00pm	Varsity Speed 11:00am - 12:30pm	Varsity MVBALL 3:00pm - 5:00pm	Varsity MSOC 10:00am - 11:00am	VBALL PASS & Serve 10:00am - 12:00pm	Open Gym 10:15am - 10:45am	Jr. Sports Club 10:30am - 12:00pm
Varsity WLAX 6:00pm - 7:00pm	Open Gym 12:45pm - 2:00pm	Varsity WVBALL 5:00pm - 7:00pm	Varsity Speed 11:00am - 12:00pm	CLOSED 12:00pm - 2:30pm	Birthday 11:00am - 12:00pm	Varsity WRUG 12:15pm - 2:00pm
Fencing (North) 7:00pm - 9:00pm	Floor Cleaning 2:00pm - 3:00pm	Varsity MLAX 7:00pm - 8:00pm	Varsity MVBALL 3:00pm - 5:00pm	Varsity Game 2:30pm - 11:00pm	Varsity Game 12:00pm - 9:00pm	TCSA Club 2:00pm - 4:45pm
CREC Volleyball 9:00pm - 11:00pm	CREC Competitive Volleyball 8:00pm - 11:00pm	CREC Recreational Volleyball 7:00pm - 11:00pm	CREC Recreational Badminton (North) 7:00pm - 11:00pm	CREC Recreational Basketball (South) 7:00pm - 11:00pm		CREC Futsal 5:00pm - 9:00pm

Schedule may be subject to change. Please check with Front Desk Staff for updates.