



# GYM SCHEDULE

January 26 - February 1 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div>Varsity Speed (North) 6:30am - 8:00am</div> <div>Varsity Rowing (South) 6:00am - 8:00am</div> <div>School Of ED 8:00am - 3:00pm</div> <div>Varsity VBALL 3:00pm - 6:00pm</div> <div>Varsity WLAX 6:00pm - 7:00pm</div> <div><div>Fencing (North) 7:00pm - 9:00pm</div><div>CREC Volleyball 7:00pm - 9:00pm</div></div> <div>CREC Volleyball 9:00pm - 11:00pm</div>	<div>Varsity Rowing 6:00am - 7:00am</div> <div>Varsity MRUG 7:00am - 8:00am</div> <div>Varsity MSOC 8:00am - 9:00am</div> <div>Varsity VBALL 9:00am - 10:30am</div> <div>Varsity Speed 11:00am - 12:30pm</div> <div>Open Gym 12:45pm - 2:00pm</div> <div>Floor Cleaning 2:00pm - 3:00pm</div> <div>Varsity MVBALL 3:00pm - 5:00pm</div> <div>Varsity WVBALL 5:00pm - 7:00pm</div> <div>Varsity MLAX 7:00pm - 8:00pm</div> <div>CREC Competitive Volleyball 8:00pm - 11:00pm</div>	<div>Canadian Blood Services 6:00am - 3:30pm</div> <div>Varsity MVBALL 3:30pm - 5:00pm</div> <div>Varsity WVBALL 5:00pm - 7:00pm</div> <div>CREC Recreational Volleyball 7:00pm - 11:00pm</div>	<div>Varsity Rowing 6:00am - 7:00am</div> <div>Varsity WSOC 7:00am - 8:00am</div> <div>Varsity VBALL 8:00am - 10:00am</div> <div>Varsity MSOC 10:00am - 11:00am</div> <div>Varsity Speed 11:00am - 12:00pm</div> <div>Varsity MLAX 12:00pm - 1:30pm</div> <div>Open Gym 1:45pm - 2:45pm</div> <div>Varsity MVBALL 3:00pm - 5:00pm</div> <div>Varsity WVBALL 5:00pm - 7:00pm</div> <div><div>CREC Recreational Badminton (North) 7:00pm - 11:00pm</div><div>CREC Recreational Basketball (South) 7:00pm - 11:00pm</div></div>	<div>Varsity Speed (North) 6:00am - 7:00am</div> <div>Varsity Rowing (South) 6:00am - 7:00am</div> <div>Varsity WSOC 7:00am - 8:00am</div> <div>Camp 8:00am - 9:15am</div> <div>VBALL PASS &amp; Serve 10:00am - 12:00pm</div> <div>CLOSED 12:00pm - 2:30pm</div> <div>Varsity Game 2:30pm - 11:00pm</div>	<div>Varsity Practice 7:00am - 7:45am</div> <div>Advanced Pickleball Ladder League 8:00am - 10:00am</div> <div>Open Gym 10:15am - 10:45am</div> <div>Birthday 11:00am - 12:00pm</div> <div>Varsity Game 12:00pm - 9:00pm</div>	<div>Open Gym 7:00am - 7:45am</div> <div>External Booking 8:00am - 10:00am</div> <div>Jr. Sports Club 10:30am - 12:00pm</div> <div>Varsity WRUG 12:15pm - 2:00pm</div> <div>TCSA Club 2:00pm - 4:45pm</div> <div>CREC Futsal 5:00pm - 9:00pm</div>

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