

Gym Schedule

SEPTEMBER – DECEMBER 2022

	8 AM	9 AM	10 AM	11 AM	12 AM	1 PM	2 PM	3 PM	4 PM	5 PM	6 PM	7 PM	8 PM	9 PM	10 PM	
MONDAY	Open 8:00 am – 4:00 pm								Avalanche WVB 4:00 – 6:00	Drop-in Basketball 6:00 – 8:00	Avalanche MVB 8:00 – 10:00	Closed				
TUESDAY	Open 8:00 am to 11:30 am			HLTH 163 11:30 am – 1:30 pm		Open 1:30 - 4:00			Avalanche MVB 4:00 – 6:00	Avalanche WVB 6:00 – 8:00	Drop-in Badminton 8:00 – 10:00	Closed				
WEDNESDAY	Open 8:00 am – 4:00 pm								Avalanche Volleyball Practices 4:00 – 8:00			Drop-in Volleyball 8:00 – 10:00	Closed			
THURSDAY	Open 8:00 am – 11:30 am			HLTH 163 11:30 am – 1:30 pm		Open 1:30 – 4:00			Avalanche MVB 4:00 – 6:00	Avalanche WVB 6:00 – 8:00	Badminton Club 8:00 – 10:00	Closed				
FRIDAY	Open 8:00 am – 4:00 pm								Avalanche WVB 4:00 – 6:00	Avalanche MVB 6:00 – 8:00	Closed					
SATURDAY	Closed															
SUNDAY	Closed					Cranbrook Badminton 1:00 – 4:00				Closed						

GYMNASIUM RATES

COST

Registered Students.....FREE

Drop-in Gym/Fitness Room.....\$10

Non-students Gym/Fitness Room.....\$75 Sept – Dec

SPECIAL EVENT INFORMATION

On occasion, the above schedule will be changed to accommodate special events.

Advanced notice will be given for all facility closures.

Clean, indoor shoes MUST be used when participating in gymnasium activities