

| | Gymnasium | Exercise Room | Fitness Room | Activities Room | Pool |
|----------------------|--|---|---------------------|---|--|
| 7:00A-8:00A | | | | | |
| 8:00A-9:00A | | | | | |
| 9:00A-10:00A | 9:00 AM-9:55 AM Nio's Basketball (P) | | | | |
| 10:00A-11:00A | 10:00 AM-10:55 AM SMC Division 1 Basketball (P) | 10:10 AM-11:00 AM Flexibility Fusion (all levels) (D) | | | 10:30 AM-8:00 PM Lane Swimming (D) |
| 11:00A-12:00P | 11:00 AM-11:55 AM New College Co-Ed Basketball B (P) | 11:10 AM-12:00 PM Boot Camp (III) (D) | | 11:00 AM- 11:55 AM Danica's Dance (P) | |
| 12:00P-1:00P | 12:00 PM-12:55 PM Nimit's Soccer (P) | 12:10 PM-1:00 PM Nia (all levels) (D) | | 12:00 PM- 1:55 PM UofT Grappling Club (P) | |
| 1:00P-2:00P | 1:00 PM-1:55 PM Rotman Basketball (P) | 1:00 PM- 1:55 PM Alice's Dance Practice (P) | | | |
| 2:00P-3:00P | 2:00 PM- 2:55 PM Innis Co-Ed Basketball (P) | 2:00 PM- 2:55 PM Yutong's Dance (P) | | 2:00 PM- 2:55 PM Shiming's Dance Practice (P) | |
| 3:00P-4:00P | 3:00 PM- 3:55 PM New College Women's Volleyball (P) | 3:00 PM- 3:55 PM Forbes Dance (P) | | 3:00 PM- 3:55 PM Wei's Dance (P) | |
| 4:00P-5:00P | 4:00 PM- 4:55 PM Stephanie's Volleyball (P) | 4:00 PM- 4:55 PM Shun's Dance (P) | | | |
| 5:00P-6:00P | 5:00 PM- 5:55 PM Medical Biophysics Volleyball (P) | | | | |
| 6:00P-7:00P | 6:00 PM-6:55 PM New College Open Basketball (P) | | | | |
| 7:00P-8:00P | 7:00 PM-7:55 PM Brady Basketball (P) | | | | |
| 8:00P-9:00P | 8:00 PM-8:55 PM Yohan's Volleyball (P) | | | | |
| 9:00P-10:00P | | | | | |
| 10:00P-11:00P | | | | | |

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|----------------------|--|--|--|--|
| Range | | | | |
| Squash Courts | | | | |

| Legend | |
|---------------|--------------------|
| (R) | Registered Classes |
| (P) | Private Booking |
| (D) | Drop-in Classes |