

GISST Training Schedule 2025-26

Winter Season (January - March 2026)

Facility	Monday	Tuesday	Wednesday	Thursday	Friday
Gym 1.0	U14 & Varsity Table Tennis 16:00-17:30 Jan 12 - March 16	U14 Boys Volleyball (prep-season) 16:00 - 17:30 Jan 13 - March 17	U14 Girls Volleyball (prep-season) 16:00 - 17:30 Jan 7 - March 18	Junior GISST Racket Sports G3-5 (Badminton, Table Tennis) 16:00 - 17:30 Jan 8 - March 12	Varsity Girls Volleyball (prep-season) 16:00 - 17:30 pm Jan 9 - March 20
	Varsity Girls Basketball 16:00 - 17:30 Jan 12 - March 16	ASA		U14 & Varsity Table Tennis 16:00-17:30 Jan 8 - March 12	Varsity Boys Volleyball (prep-season) 16:00 - 17:30 Jan 9 - March 20
Gym 2.0	Junior GISST Team Sports G3-5 (Basketball, Futsal, Volleyball) 16:00 - 17:30 Jan 12 - March 16	Varsity Boys Basketball 16:00 - 17:30 Jan 13 - March 17	Mini Junior GISST Multi Sport G1-2 16:00 - 17:30 Jan 7 - March 18	Varsity Boys Basketball 16:00 - 17:30 Jan 8 - March 12	
		U14 Boys Basketball 16:00 - 17:30 Jan 13 - March 17	Junior GISST Running Club G3-5 16:00 - 17:00 Jan 7 - March 18	U14 Boys Basketball 16:00 - 17:30 Jan 8 - March 12	
		U14 Girls Basketball 16:00 - 17:30 Jan 13 - March 17	Varsity Girls Basketball 16:00 - 17:30 Jan 7 - March 18	U14 Girls Basketball 16:00 - 17:30 Jan 8 - March 12	
University Swimming Pool	U14 & Varsity Swimming (competitive level) 16:00 - 17:30 pm Feb 2 - June 22				G3-5 Swimming (advanced level) G3 14:30 - 15:15 G4-5 15:15 - 16:00 Feb 6 - June 26