# GISST Training Schedule 2026-27

## Winter Season (January - March 2027)

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| Gym 1.0 | **Varsity Girls Basketball**<br>4:00 - 5:30 pm<br>Jan 4 - March 15 | **U14 Boys Volleyball**<br>4:00 - 5:30 pm<br>Jan 5 - March 16 | **U14 Girls Volleyball**<br>4:00 - 5:30 pm<br>Jan 13 - March 17 | **Junior GISST Racket Sports G3-5**<br>**(Badminton, Table Tenis)**<br>4:00 - 5:30 pm<br>Jan 7 - March 18 | **U14 Girls Volleyball**<br>4:00 - 5:30 pm<br>Jan 8 - March 19 |
| | ***ASA*** | **U14 & Varsity Table Tennis**<br>4:00 - 5:30 pm<br>Jan 5 - March 16 | **Mini Junior GISST Multi Sport G1-2**<br>4:00 - 5:30 pm<br>Jan 13 - March 17 | **U14 & Varsity Table Tennis**<br>4:00 - 5:30 pm<br>Jan 7 - March 18 | **U14 Boys Volleyball**<br>4:00 - 5:30 pm<br>Jan 8 - March 19 |
| Gym 2.0 | **Junior GISST Team Sports G3-5**<br>**(Basketball, Futsal, Volleyball)**<br>4:00 - 5:30 pm<br>Jan 4 - March 15 | **Varsity Girls Basketball**<br>4:00 - 5:30 pm<br>Jan 5 - March 16 | **Junior GISST Running G3-5**<br>4:00 - 5:00 pm<br>Jan 13 - March 17 | **Varsity Boys Basketball**<br>4:00 - 5:30 pm<br>Jan 7 - March 18 | **U14 & Varsity Badminton**<br>**(prep-season)**<br>4:00 - 5:30 pm<br>Jan 8 - March 19 |
| | | **U14 Girls Basketball**<br>4:00 - 5:30 pm<br>Jan 5 - March 16 | **Varsity Boys Basketball**<br>4:00 - 5:30 pm<br>Jan 13 - March 17 | **U14 Boys Basketball**<br>4:00 - 5:30 pm<br>Jan 7 - March 18 | |
| | | | **U14 Boys Basketball**<br>4:00 - 5:30 pm<br>Jan 13 - March 17 | **U14 Girls Basketball**<br>4:00 - 5:30 pm<br>Jan 7 - March 18 | |
| University Swimming pool | **U14 & Varsity Swimming**<br>**(competative level)**<br>4:00 - 5:00 pm<br>Sept 21 - Jan 25<br>Feb 1 - June 28 | | | | **G3-5 Swimming**<br>**(advanced level)**<br>G3 2:30 - 3:15 pm<br>G4-5 3:15 - 4:00 pm<br>Sept 25 - Jan 22<br>Feb 5 - July 2 |