

Gym Schedule

Effective January 2019

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday										
5:00 AM						GYM CLOSED	GYM CLOSED										
5:30 AM																	
6:00 AM																	
6:30 AM	Adult Open Gym 5:00-9:00AM	Adult Open Gym 5:00-9:00AM	Adult Open Gym 5:00-9:00AM	Adult Open Gym 5:00-9:00AM	Adult Open Gym 5:00-9:00AM												
7:00 AM																	
7:30 AM																	
8:00 AM											Adult Open Gym 7:00-8:30AM	Adult Open Gym 8:00-8:30AM					
8:30 AM																	
9:00 AM																	
9:30 AM	Early* Childhood 9:00 -12:30PM	Adult Open Gym 9:00-10:30A Pickleball 10:30-12:30P	Early Childhood*	Early Childhood*	Early* Childhood 9:00AM- 3:00PM	Adult Open Gym 9:00-10:30A Pickleball -12:30PM	Adult Open Gym 9:00 -12:30PM	Youth Basketball 8:30AM-3:00PM	Youth Basketball 8:30AM-3:00PM								
10:00 AM																	
10:30 AM																	
11:00 AM																	
11:30 AM																	
12:00 PM																	
12:30 PM																	
1:00 PM																	
1:30 PM	Adult Open Gym 12:30-3:00PM	Adult Open Gym 12:30-3:00PM	Adult Open Gym 12:30-3:00PM	Adult Open Gym 12:30PM- 3:00PM	Adult Open Gym 12:30-3:00PM												
2:00 PM																	
2:30 PM																	
3:00 PM	Youth Sports* 3:00-6:15PM	Youth Sports* 3:00-6:00PM	Youth Sports* 3:00-5:30PM	Youth Sports* 3:00-6:00PM	Teen Open Gym 3:00-6:00PM	Teen Open Gym 3:00-5:00PM	Teen Open Gym 3:00-5:00PM										
3:30 PM																	
4:00 PM																	
4:30 PM																	
5:00 PM																	
5:30 PM		Teen Open 5:30-6:30PM	Volleyball <i>Net Set Up/Warm Up</i> 5:30-6:00PM <i>Instructional Volleyball</i> 6:00-7:15PM <i>Game Beginner/Low Int</i> 7:15-8:30PM <i>Int/Adv</i> 8:30-10:45PM		Teen Open 6:30-7:00PM	Family 6:00-7:00PM											
6:00 PM																	
6:30 PM	Interval Training 6:30-7:30PM	Train Like an Athlete 6:30-7:30PM															
7:00 PM																	
7:30 PM																	
8:00 PM																	
8:30 PM	Adult Open Gym 7:30-10:45PM	Adult Open Gym 7:30-10:45PM		Adult Full Court Basketball 7:00-10:45PM		Adult Open Gym 7:00-10:45PM											
8:30 PM																	
9:00 PM																	
9:30 PM																	
10:00 PM																	
10:45 PM	GYM CLOSED	GYM CLOSED	GYM CLOSED	GYM CLOSED	GYM CLOSED	GYM CLOSED	GYM CLOSED	GYM CLOSED	GYM CLOSED								
11:00 PM																	

Note*: Classes that have an asterisk * are paid programs/classes and require registration.