Gym Schedule

Day/Time	Monday		Tuesday		Wednesday	ednesday Thursday		Friday		Saturday	Sunday
5:00 AM			Adult Open Gym			Adult Open Gym 5:00-9:00AM		Adult Open Gym 5:00-9:00AM		0/14	0/44
5:30 AM	Adult Open Gym									GYM CLOSED	GYM CLOSED
6:00 AM 6:30 AM					Adult Open Gym					CLOSED	CLOSED
7:00 AM	5:00-9:00AM		5:00-9:00AM		5:00-9:00AM						
7:30 AM			0.0000.000		5.00 5.007 101						
8:00 AM										Adult Open Gym	Adult Open Gym
8:30 AM										7:00-8:30AM	8:00-8:30AM
9:00 AM											
9:30 AM										Youth Basketball	Youth Basketball
10:00 AM	Early*	Adult					Adult	Early*	Adult		
10:30 AM	Childhood	Open Gym	Early Cl	hildhood*	Early Childhood*		Open Gym	Childhood	Open Gym	8:30AM-3:00PM	8:30AM-3:00PM
11:00 AM	9:00	9:00-10:30A	9:00-1	L2:30PM	9:00-12:30PM	Early*	9:00-10:30A	9:00	9:00		
11:30 AM	-12:30PM	Pickleball				Childhood	Pickleball	-12:30PM	-12:30PM		
12:00 PM		10:30-12:30P				9:00AM-	10:30-12:30P				
12:30 PM						3:00PM					
1:00 PM						Adult Open Gym 12:30PM-					
1:30 PM	Adult Open Gym		Adult Open Gym		Adult Open Gym			Adult Open Gym 12:30-3:00PM			
2:00 PM	12:30-3:00PM		12:30-3:00PM		12:30-3:00PM						
2:30 PM							3:00PM				
3:00 PM 3:30 PM										Toon Onon Cum	Toon Onon Gum
4:00 PM	Youth Sports*		Youth Sports*		Youth Sports*	Youth Sports*		Teen Open Gym		Teen Open Gym 3:00-5:00PM	Teen Open Gym 3:00-5:00PM
4:00 PM 4:30 PM	3:00-6:15PM		3:00-6:00PM		3:00-5:30PM	3:00-6:00PM		3:00-6		3.00-3.00FW	3.00-3.00P101
5:00 PM			0.00 0.001 111		5.00 5.001 111	5.00 0		5.00 0			
5:30 PM				Teen Open	Volleyball		Teen				
6:00 PM				5:30-6:30PM	Net Set Up/Warm Up		Open	Family		Adult Open Gym	Adult Open Gym
6:30 PM	Interval Training		Train Like an Athlete		5:30-6:00PM	6:30-7:00PM		6:00-7:00PM		5:00-8:00PM	5:00-8:00PM
7:00 PM	6:30-7:30PM		6:30-7:30PM		Instructional Volleyball						
7:30 PM					6:00-7:15PM						
8:00 PM					Game Beginner/Low Int	Adult Full Court		Adult Open Gym			
8:30 PM	Adult Open Gym		Adult Open Gym		7:15-8:30PM	Basketball		7:00-10:45PM			
9:00 PM	7:30-10:45PM		7:30-10:45PM		Int/Adv	7:00-10:45PM				GYM	GYM
9:30 PM					8:30-10:45PM					CLOSED	CLOSED
10:00 PM											
10:45 PM	GYM		GYM		GYM	GYM		GYM			
11:00 PM	CLOSED		CLOSED		CLOSED	CLOSED		CLOSED			