
























GYM A - Summer Schedule 2019 (Effective 7/01 - 8/25)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	GYM CLOSED	GYM CLOSED
6:00 AM	6:00 – 11:00 AM Full-Court Basketball 	6:00 – 9:30 AM Full-Court Basketball 	6:00 – 10:00 AM Full-Court Basketball 	6:00 – 9:30 AM Full-Court Basketball 	6:00 – 11:00 AM Full-Court Basketball 		
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	11:00 AM – 12:30 PM Open Gym	Open Gym	10:00 AM – 12:30 PM Open Gym	Open Gym	11:00 AM – 2:00 PM Open Gym	9:30 AM – 1:00 PM Open Gym	9:30 – 11:30 AM Handball
9:30 AM							
10:00 AM							
10:30 AM	12:30 – 2:00 PM Summer Camp Basketball	10:00 AM – 12:00 PM Paddle Ball /Handball 	12:30 – 2:00 PM Summer Camp Basketball	10:00 AM – 12:00 PM Paddle Ball/ Handball 	2:00 – 4:00 PM Summer Camp Basketball	1:00 – 6:00 PM Paddle Ball 	11:30 AM – 4:00 PM Paddle Ball
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM	2:00 – 4:00 PM Summer Camp Pee-Wee Soccer	12:00 – 1:00 PM Open Gym	2:00 – 4:00 PM Summer Camp Pee-Wee Soccer	12:00 – 1:00 PM Open Gym	2:00 – 4:00 PM Summer Camp Basketball	1:00 – 6:00 PM Paddle Ball 	4:00 – 7:00 PM Open Gym
2:00 PM							
2:30 PM							
2:30 PM	4:00 – 6:00 PM Open Gym	1:00 – 5:00 PM Paddle Ball 	4:00 – 6:30 PM Open Gym	1:00 – 5:00 PM Paddle Ball 	4:00 – 11:00 PM Open Gym	6:00 – 8:00 PM Full-Court Basketball	7:00 – 8:00 PM Full-Court Basketball
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM	Interval Training Set-up	6:00 – 7:00 PM Train Like An Athlete (Full Court)	6:30 – 7:30 PM YAI	6:00 – 9:00 PM Paddle Ball/ Handball 	4:00 – 11:00 PM Open Gym	GYM CLOSED	GYM CLOSED
6:00 PM							
6:30 PM	7:30 – 11:00 PM Paddle Ball/ Handball 	7:00 – 11:00 PM Full-Court Basketball 	7:30 – 9:00 PM Open Gym	9:00 – 11:00 PM Half-Court Basketball	9:00 – 11:00 PM Half-Court Basketball	<ul style="list-style-type: none"> • BASKETBALL • SCHOOL PROGRAMS • GROUP EXERCISE CLASSES • YOUTH PROGRAMS • PADDLE BALL 	
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM	GYM CLOSED	GYM CLOSED	GYM CLOSED	GYM CLOSED	GYM CLOSED		
10:00 PM							
10:30 PM	GYM CLOSED	GYM CLOSED	GYM CLOSED	GYM CLOSED	GYM CLOSED		
11:00 PM							

Gym schedule subject to change without notice



GYM B - Summer Schedule 2019 (Effective 7/01 - 8/25)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY								
5:30 AM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	GYM CLOSED	GYM CLOSED								
6:00 AM	6:00 – 11:00 AM Full-Court Basketball 	6:00 – 9:30 AM Full-Court Basketball 	6:00 – 10:00 AM Full-Court Basketball 	6:00 – 9:30 AM Full-Court Basketball 	6:00 – 11:00 AM Full-Court Basketball 										
6:30 AM															
7:00 AM															
7:30 AM															
8:00 AM															
8:30 AM															
9:00 AM															
9:30 AM															
10:00 AM															
10:30 AM															
11:00 AM	11:00 AM – 1:00 PM Open Gym 	9:30 AM – 1:00 PM Open Gym 	10:00 – 11:00 AM Ready, Set, Math & Read	9:30 AM – 2:00 PM Open Gym 	11:00 AM – 1:00 PM Open Gym 	7:00 AM – 6:00 PM Open Gym 									
11:30 AM															
12:00 PM															
12:30 PM															
1:00 PM	1:00 – 4:00 PM Summer Camp Circus Arts/ Theatre	1:00 – 4:00 PM Summer Camp Circus Arts/ Theatre	1:00 – 4:00 PM Summer Camp Circus Arts/ Theatre	2:00 – 4:00 PM Summer Camp Basketball	1:00 – 4:00 PM Summer Camp Circus Arts/ Theatre										
1:30 PM															
2:00 PM															
2:30 PM															
3:00 PM															
3:30 PM															
4:00 PM	4:00 – 6:00 PM Open Gym 	4:00 – 6:00 PM Open Gym 		4:00 – 7:00 PM Open Gym 											
4:30 PM															
5:00 PM															
5:30 PM															
6:00 PM	Interval Training Set-up	6:00 – 7:00 PM Train Like An Athlete (Full Court)	4:00 PM – 9:00 PM Open Gym 	6:00 – 7:00 PM Circuit Training		4:00 – 11:00 PM Open Gym 	6:00 – 8:00 PM Full-Court Basketball 	7:00 – 8:00 PM Full-Court Basketball 							
6:30 PM	6:30 – 7:30 PM Interval Training (Full Court)														
7:00 PM	7:30 – 11:00 PM Half-Court Basketball 	7:00 – 11:00 PM Full-Court Basketball 	9:00 – 11:00 PM Full-Court Basketball 	7:00 – 11:00 PM Volleyball 											
7:30 PM															
8:00 PM															
8:30 PM															
9:00 PM															
9:30 PM															
10:00 PM															
10:30 PM															
11:00 PM									GYM CLOSED	GYM CLOSED	GYM CLOSED	GYM CLOSED	GYM CLOSED	GYM CLOSED	GYM CLOSED

-  Available boxing times for speed and heavy bag use.
- BASKETBALL 
 - EARLY CHILDHOOD PROGRAMS
 - GROUP EXERCISE CLASSES
 - YOUTH PROGRAMS

Gym schedule subject to change without notice