

Gym Schedule

Effective August 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	Adult Open Gym	Adult Open Gym	Adult Open Gym	Adult Open Gym		
7:00 AM	5:00-8:00AM	5:00-8:00AM	5:00-8:00AM	5:00-8:00AM	5:00-8:00AM		
7:30 AM							
8:00 AM	Day & Sports Camp*	Day & Sports Camp*	Day & Sports Camp*	Day & Sports Camp*	Day & Sports Camp*	Adult Open Gym 7:00AM-3:00PM	Adult Open Gym 7:00AM-3:00PM
8:30 AM	8:00-11:30AM	8:00-11:30AM	8:00AM-12:00PM	8:00-9:30AM	8:00-11:00AM		
9:00 AM							
9:30 AM				Adult Open Gym			
10:00 AM				9:30AM-12:30PM			
10:30 AM							
11:00 AM							
11:30 AM	Adult Open Gym	Adult Open GYM 1:30 PM 3:30PM	Day & Sports Camp 1:30 PM 3:30 PM		Pickleball	Adult Open Gym 11:00AM-3:30PM	
12:00 PM							10:30-12:30P
12:30 PM	Adult Open Gym 11:30AM- 2:00PM		Adult Open Gym 12:00-1:30PM				
1:00 PM				Day & Sports Camp*			
1:30 PM				12:30-6:00PM			
2:00 PM			Day & Sports Camp*				
2:30 PM	Day & Sports Camp*		1:30-5:30PM				
3:00 PM	2:00-6:00PM						
3:30 PM		Day & Sports Camp*			Day & Sports Camp*	Teen Open Gym 3:00-5:00PM	Teen Open Gym 3:00-5:00PM
4:00 PM		3:30-6:00PM			3:30-6:00PM		
4:30 PM							
5:00 PM							
5:30 PM		Teen Open 5:30-6:30PM	Volleyball				
6:00 PM			Net Set Up/Warm Up 5:30-6:00PM	Teen Open Gym 6:00-7:00PM	Family 6:00-7:00PM	Adult Open Gym 5:00-8:00PM	Adult Open Gym 5:00-8:00PM
6:30 PM			Instructional Volleyball 6:00-7:15PM				
7:00 PM			Game Beginner/Low Int 7:15-8:30PM	Adult Full Court Basketball 7:00-10:45PM	Adult Open Gym 6:00-10:45PM		
7:30 PM			Int/Adv 8:30-10:45PM				
8:00 PM							
8:30 PM	Adult Open Gym	Adult Open Gym					
9:00 PM	6:00-10:45PM	7:30-10:45PM					
9:30 PM							
10:00 PM							
10:45 PM	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.