

Gym Schedule

Effective September 2019

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

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