

Gym Schedule

Effective January 2020

| 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 | Early* Childhood 9:00-12:30PM | Early Childhood* | Early Childhood* | Early* Childhood 9:00AM-12:30PM | Adult Open Gym 9:00-12:30PM | Early* Childhood 9:00-12:30PM | Adult Open Gym 9:00-12:30PM |
| 10:00 AM | | | | | | | |
| 10:30 AM | | | | | | | |
| 11:00 AM | | | | | | | |
| 11:30 AM | | | | | | | |
| 12:00 PM | Pickleball 10:00AM-12:30PM | | | Pickleball 10:00AM-12:30PM | | | |
| 12:30 PM | | | | | | | |
| 1:00 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 | | |
| 1:30 PM | | | | | | | |
| 2:00 PM | | | | | | | |
| 2:30 PM | | | | | | | |
| 3:00 PM | | | | | | | |
| 3:30 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 |
| 4:00 PM | | | | | | | |
| 4:30 PM | | | | | | | |
| 5:00 PM | | | | | | | |
| 5:30 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 |
| 6:00 PM | | | | | | | |
| 6:30 PM | | | | | | | |
| 7:00 PM | Adult Open Gym 6:30-10:45PM | Adult Open Gym 7:30-10:45PM | Instructional Volleyball 6:00-7:15PM | Adult Full Court Basketball 8:00-10:45PM <i>SUBJECT TO CAPACITY</i> | Adult Open Gym 7:00-10:45PM | GYM CLOSED | GYM CLOSED |
| 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 | GYM CLOSED | GYM CLOSED |
| 11:00 PM | | | | | | | |

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