

# Gym Schedule

\*\*Effective March 2020\*\*

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday						
5:00 AM						<b>GYM CLOSED</b>	<b>GYM CLOSED</b>						
5:30 AM													
6:00 AM													
6:30 AM	<b>Adult Open Gym</b> 5:00-9:00AM	<b>Adult Open Gym</b> 5:00-9:00AM	<b>Adult Open Gym</b> 5:00-9:00AM	<b>Adult Open Gym</b> 5:00-9:00AM	<b>Adult Open Gym</b> 5:00-9:00AM								
7:00 AM													
7:30 AM													
8:00 AM													
8:30 AM													
9:00 AM						<b>Adult Open Gym</b> 7:00-10:00AM	<b>Adult Open Gym</b> 8:00-10:00AM						
9:30 AM													
10:00 AM	<b>Early* Childhood</b> 9:00AM-12:30PM	<b>Early Childhood*</b> 9:00AM-12:30PM	<b>Early Childhood*</b> 9:00AM-12:30PM	<b>Early* Childhood</b> 9:00AM-12:30PM	<b>Early* Childhood</b> 9:00AM-12:30PM								
10:30 AM						<b>Adult Open Gym 9-10AM</b>	<b>Adult Open Gym 9-10AM</b>	<b>Adult Open Gym 9-10AM</b>	<b>Adult Open Gym 9-10AM</b>	<b>Early* Childhood</b> 9:00AM-12:30PM	<b>Early* Childhood</b> 9:00AM-12:30PM		
11:00 AM	<b>Pickleball</b> 10:00AM-12:30PM			<b>Pickleball</b> 10:00AM-12:30PM									
11:30 AM													
12:00 PM													
12:30 PM													
1:00 PM	<b>All Ages Open Gym</b> 12:30-3:00PM	<b>Adult Open Gym</b> 12:30-3:00PM	<b>Adult Open Gym</b> 12:30-3:00PM	<b>Adult Open Gym</b> 12:30-3:00PM	<b>Adult Open Gym</b> 12:30-3:00PM	<b>ALL AGES OPEN GYM</b> 10:00-5:00PM	<b>ALL AGES OPEN GYM</b> 10:00-5:00PM						
1:30 PM													
2:00 PM													
2:30 PM													
3:00 PM													
3:30 PM	<b>Youth Sports*</b> 3:00-6:15PM	<b>Youth Sports*</b> 3:00-6:00PM	<b>Youth Sports*</b> 3:00-5:30PM	<b>Youth Sports*</b> 3:00-6:00PM	<b>Family &amp; Teen Open Gym</b> 3:00-7:00PM								
4:00 PM													
4:30 PM													
5:00 PM													
5:30 PM							<b>Teen Open</b>		<b>Teen Open</b>				
6:00 PM			<b>Volleyball</b>			<b>Adult Open Gym</b> 5:00-8:00PM	<b>Adult Open Gym</b> 5:00-8:00PM						
6:30 PM	<b>Warm Up **</b> 6:30-7:00PM	<b>5:30-7:00PM</b>	Net Set Up/Warm Up 5:30-6:00PM	<b>5:30-7:00PM</b>									
7:00 PM			Instructional Volleyball										
7:30 PM			6:00-7:15PM										
8:00 PM	<b>Members Only Adult Organized Basketball</b> (ages 18 and older)  7:00-10:45PM  <i>Subject to Capacity</i>	<b>Members Only Adult Organized Basketball</b> (ages 18 and older) 7:00-10:45PM  <i>Subject to Capacity</i>	Game Beginner/Low Int 7:15-8:30PM Int/Adv 8:30-10:45PM	<b>Members Only Adult Organized Basketball</b> (ages 18 and older) 7:00-10:45PM  <i>Subject to Capacity</i>	<b>Members Only Adult Organized Basketball</b> (ages 18 and older) 7:00-10:45PM  <i>Subject to Capacity</i>								
8:30 PM													
9:00 PM													
9:30 PM													
10:00 PM													
10:45 PM						<b>GYM CLOSED</b>	<b>GYM CLOSED</b>						
11:00 PM	<b>GYM CLOSED</b>	<b>GYM CLOSED</b>	<b>GYM CLOSED</b>	<b>GYM CLOSED</b>	<b>GYM CLOSED</b>								

Note: Classes that have an asterisk \* are paid programs/classes and require registration. All programming is subject to capacity.  
 \*\* Members Only Adult Warm Up (ages 18 and older)