

## **GYM SCHEDULE**

|                              | Monday  |                       | Tuesday  |                                | Wednesday   |                                | Thursday   |                             | Friday  |                          | Saturday                   |           | Sunday  |                    |
|------------------------------|---|-----------------------|--|--------------------------------|---|--------------------------------|--|-----------------------------|---|--------------------------|----------------------------|-----------|---|--------------------|
|                              | South GymNorth Gym  |                       | South GymNorth Gym   |                                | South GymNorth Gym  |                                | South Gym North Gym  |                             | South Gym   | North Gym                | South Gym                  | North Gym | South Gym   | North Gym          |
| 5:00<br>5:30<br>6:00<br>6:30 | 5:00am - 9:55am<br>Open Gym<br>10:00am - 11:10am<br>Group X |                       | 5:00am - 9:55am<br>Open Gym<br>10:00am -<br>11:00am Gym 11:10am Open |                                | 5:00am - 9:55am<br>Open Gym<br>10:00am - 11:10am          |                                | 5:00am - 9:15am<br>Open Gym<br>10:00am - 11:10am<br>Group Training<br>Pickelbail |                             | 5:00am - 9:55am Drop-In Open<br>Gym<br>10:00am - 11:10am  |                          | Closed                     |           | Closed  |                    |
| 7:00<br>7:30<br>8:00<br>8:30 |   |                       |  |                                |   |                                |  |                             |   |                          | 7:00am - 4:30p<br>Open Gym |           | 7:00am - 8:55am<br>Open Gym<br>9:00am - 10:30am Beginning<br>Pickleball |                    |
| 9:00<br>9:30<br>10:00        |   |                       |  |                                |   |                                |  |                             |   |                          |                            |           |   |                    |
| 10:30<br>11:00<br>11:30      | 11:10:00am - 1:00pm   |                       | Training Gym   |                                | Group X<br>11:10:00am - 1:00pm<br>Adult Pickup Basketball |                                | 11:10am - 1:55pm<br>Open Gym   |                             | Group X<br>11:10:00am - 1:55pm<br>Adult Pickup Basketball |                          |                            |           | 10:30A-1P I   | Drop In Pickelball |
| 12:00<br>12:30               | Adult Pickup Basketball                                     |                       | 11:10am - 1:55pm<br>Open Gym   |                                |   |                                |  |                             |   |                          |                            |           | 1:00pm - 4:30pm Open Gym  |                    |
| 1:00<br>1:30<br>2:00         | Beginning Pickleball 1:00pm-<br>1:55PM                      |                       |  |                                | Beginning Pickleball<br>1:00pm-1:55PM                     |                                |  |                             |   |                          |                            |           |   |                    |
| 2:30<br>3:00<br>3:30         | 2:00pm - 4:00pm<br>Drop In Pickleball                       |                       | 2:00pm - 4:00pm<br>Drop In Pickleball                                |                                | 2:00pm - 4:00pm<br>Drop In Pickleball                     |                                | 2:00pm - 4:00pm<br>Drop In Pickleball  |                             | 2:00pm - 4:00pm<br>Drop In Pickleball                     |                          |                            |           |   |                    |
| 4:00                         | 4:00pm - 5:00pm SAC Program                                 |                       | 4:00pm - 5:00pm SAC Program  |                                | Beginning Pickleball<br>4:00pm-5:15PM                     |                                | 4:00pm - 5:00pm SAC Program  |                             | Beginning Pickleball<br>4:00pm-6PM                        |                          |                            |           |   |                    |
| 4:30<br>5:00<br>5:30         |   |                       |  | _                              | 4:00pm-   | -2:12bm                        |  |                             | 4:00  | - MYo-mo                 | -                          |           |   |                    |
| 6:00<br>6:30<br>7:00<br>7:30 | 8:30pm Family 8:30  | 0pm -<br>0pm<br>າ Gym | 5:00pm -<br>8:30pm Family<br>Open Gym                                | 5:00pm -<br>8:30pm<br>Open Gym | 5:15pm -<br>8:30pm Family<br>Only<br>Open Gym             | 5:15pm -<br>8:30pm<br>Open Gym | 5:00pm - 8:30pm<br>Family Only<br>Open Gym                                       | 5:00pm - 8:30pm<br>Open Gym | 6pm - 8:30pm<br>Family Only<br>Open Gym                   | 6pm - 8:30pm<br>Open Gym | Clo                        | sed       | C   | Closed             |
| 8:00<br>8:30                 |   |                       |  |                                |   |                                |  |                             |   |                          |                            |           |   |                    |
| 9:00                         | Closed  |                       | Closed   |                                | Closed  |                                | Closed   |                             | Closed  |                          |                            |           |   |                    |

\*\*Gym Schedule is subject to change, due to events, weather, and programming There could be frequent adjustments to the gym schedule.

Last Updated: 5/7/2024

\*Youth Sports Game Days: Gym Closed During Youth Sports Game Days Schedule may be adjusted