

Gym Schedule

Fall Schedule: September 30 – December 8, 2024
 Registration required for all programs.

Building Hours:
 Monday - Friday 5:30am-9:30pm
 Saturday 8am-6pm
 Sunday 8am-4pm
 Statutory Holidays Closed

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym 5:30-9:00am	Open Gym 5:30-9:30am	Open Gym 5:30-10:00am	Open Gym 5:30-9:30am	Open Gym 5:30-9:00am	Open Gym 8:00-8:45 am	Pickleball 8:00-10:00am
Pickleball 9:00-10:30am	Fitness Class 9:30-10:15am	Fitness Class 10:00-10:45am	Fitness Class 9:30-10:15am	Pickleball 9:00-10:30am	Programming 9:00-2:00pm	Open Gym 10:00-2:00pm
Fitness Class 10:30-11:30am	Open Gym 10:15-1:00pm	Open Gym 10:45-12:00pm	Open Gym 10:15-1:00pm	Fitness Class 10:30-11:30am		
Open Gym 11:30-12:00		Fitness Class 12:10-12:45pm		Open Gym 11:30-12:00pm		
Fitness Class 12:10-12:45pm	Pickleball 1:00-3:00pm	Pickleball 1:00-3:00pm	Pickleball 1:00-3:00pm	Fitness Class 12:10-12:45pm		
Pickleball 1:00-3:00pm				Pickleball 1:00-3:00pm		
Open Gym 3:00-5:45pm	Open Gym 3:00-4:45 pm	Open Gym 3:00-4:45pm	Open Gym 3:00-4:45pm	Open Gym 3:00-4:00pm		
Programming 6:00-9:15pm	Programming 5:00-8:30pm	Pickleball 5:00-7:00pm	Programming 5:00-8:30pm	Teen Night 4:00-9:15pm		
Open Gym (Half) 8:00-9:15pm	Open Gym (Half) 8:30-9:15pm	Open Gym (Half) 7:00-9:15pm	Open Gym (Half) 8:30-9:15pm			