

Gym Schedule

Winter Schedule: January 6- March 16, 2025
Registration required for all programs.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym 5:30-10:15am	Open Gym 5:30-9:20am	Open Gym 5:30-9:50am	Open Gym 5:30-9:20am	Open Gym 5:30- 12:00pm	Open Gym 8:00-9:00am	Pickleball 8:00- 11:00am
Fitness Class 10:30-11:30am	Fitness Class 9:30-10:15am	Fitness Class 10:00-10:45am	Fitness Class 9:30-10:15am	Fitness Class 12:10-12:45pm		
Open Gym 11:30-12:00pm	Open Gym 10:15-1:00pm	Open Gym 10:50-12:00pm	Open Gym 10:15-1:00pm	Pickleball 1:00-3:00pm	Programming 9:00am- 11:30 am	
Fitness Class 12:10-12:45pm		Fitness Class 12:10-12:45pm	Pickleball 1:00-3:00pm			
Pickleball 1:00-3:00pm	Pickleball 1:00-3:00pm	Pickleball 1:00-3:00pm		Basketball 3:00-4:00pm	Open Gym 11:30am- 5:45pm	Open Gym 11:00- 3:45pm
Basketball 3:05-6:00pm	Basketball 3:00-5:15pm	Basketball 3:00-4:45pm	Basketball 3:00-4:45pm	Teen Night 4:00-9:15pm		
Programming 6:00-9:15pm	Programming 5:30-7:30	Programming 5:00-7:30pm	Programming 5:00-7:40pm			
Judo (Half) 6:30-9:30pm	Pickle Ball 7:30-9:20pm	Open Gym 7:30-9:30pm	Pickleball 7:30-9:20pm			