

Gym Schedule

Spring Schedule: March 31, 2025 – June 8, 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 5:30-8:15am	Open Gym 5:30-9:20am	Open Gym 5:30- 8:45am	Open Gym 8:00-9:00am	Pickleball 8:00- 11:00am
	Fitness Class 9:30-10:15am	Fitness Class 8:30-9:15am	Fitness Class 9:30-10:15am	Fitness Class 9:00am-9:45am		
Fitness Class 10:30-11:30am	Open Gym 10:15-1:00pm	Open Gym 9:20-10:20	Open Gym 10:15-1:00pm	Open Gym 9:55am-12:00pm	Programming 9:00-11:30am	
Open Gym 11:30-12:00pm		Fitness Class 10:30-11:15am				
Fitness Class 12:10-12:45pm	Pickleball 1:00-3:00pm	Fitness Class 12:10-12:45pm	Pickleball 1:00-3:00pm	Fitness Class 12:10-12:45pm	Open Gym (Half) 11:10-1:30	
Pickleball 1:00-3:00pm		Pickleball 1:00-3:00pm		Pickleball 1:00-3:00pm		
Basketball 3:05-5:45pm	Basketball 3:05-4:45pm	Basketball 3:05-5:45pm	Basketball 3:05-5:45pm	Basketball 3:05-4:00pm		Open Gym (Full) 1:30-5:45pm
Programming 6:00-9:15pm	Programming 5:00-7:45	Programming 6:00-7:30pm	Programming 6:00-8:15	Teen Night 4:00-9:15pm	Birthday Party Private Rental 2:45pm- 3:45pm	
Judo (Half) 6:30-9:30pm	Pickleball 7:50 - 9:20pm	Pickleball 7:40-9:20pm	Open Gym 8:15-9:30pm			