

# GYM SCHEDULE



Schedule effective 1/29/2024

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Open Gym: 5:30-6:00 am	Open Gym: 5:30-9:00 am	Open Gym: 5:30-6:00 am	Open Gym: 5:30-8:00 am	Open Gym: 5:30-6:00 am
Pickup Basketball 6:00-7:30 am	Intermediate/ Competitive Pickleball: 9:30-11:30 am	Pickup Basketball 6:00-7:30 am	Interval Boxing 8:00-9:00 am	Pickup Basketball: 6:00-7:30 am
Open Gym 7:30-11:00 am	Open Play Pickleball: 11:30 am-2 pm	Open Gym 7:30-9:00 am	Intermediate/ Competitive Pickleball: 9:30-11:30 am	Open Gym: 7:30-9:00 am
Rock Steady Boxing 11:00 am-12:30 pm	Open Gym: 2:00-5:00 pm 6:00-8:45 pm	Rock Steady Boxing 9:00 am-12:00 pm	Open Play Pickleball: 11:30 am-2 pm	Rock Steady Boxing 9:00 am-12:00 pm
Open Gym 12:30-4:00 pm 4:45-8:45 pm		Open Play Pickleball: 12:15-2:00 pm	Open Gym: 2:00-8:45 pm	Open Play Pickleball: 12:15-2:00 pm
		Open Gym: 2:00-8:45 pm		Open Gym: 2:00-7:45 pm
<b>SATURDAY</b>		<b>SUNDAY</b>		
Open Gym: 7:30-10:30 am		Open Gym: 7:30-9:00 am		
Rock Steady Boxing: 10:30-11:30 am		Open Play Pickleball: 9:00-11:00 am		
Open Gym: 1:00-3:45 pm		Open Gym: 11:00 am-3:45 pm		

11 & under must be accompanied by an adult. Gym space will vary from full gym to half gym depending on the programming.  
Gym time is subject to change.