

# Gym Schedule 3/18/24 - 3/24/24

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Facility Hours:**  
M-F: 6 AM - 9 PM  
Sat: 7 AM - 6 PM  
Sun: 8 AM - 6 PM



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6:00 - 9:45AM Open Gym	6:00 AM - 12:00 PM Open Gym	6:00 - 9:45 AM Open Gym		
					7:00 - 8:45 AM Open Gym	
						8:00-9:45 AM Open Gym
	10:00 - 11:00 AM Ribbon Cutting	10:00-10:45AM Silver Sneakers		10:00 - 11:00 AM Group Private Pickleball		
	11:00 - 11:45AM Open Gym	11:00 - 11:45AM Open Gym		11:00 - 11:45 AM Super 7 Stretch	9:00 AM - 12:45 PM Basketball Skills & Drills	9:00 AM - 12:45 PM Basketball Skills & Drills
	12:00-2:00PM Pickleball	12:00-2:00PM Pickleball	12:00-2:00PM Pickleball	12:00 - 2:00 PM Pickleball	1:00 - 1:45 PM Open Gym	1:00 - 1:45 PM Open Gym
	2:00-4:15 PM Open Gym	2:00-4:00PM Open Gym	2:00 - 4:15 PM Open Gym	2:00 - 4:00 PM Open Gym		
	4:30 - 5:30 PM Afterschool	4:00-4:45PM Teen Bootcamp	4:30 - 5:30 PM Afterschool	4:00 - 4:45 PM Teen Obstacle Course	2:00 - 6:00 PM LaLiga Soccer	2:00 - 6:00 PM LaLiga Soccer
	5:30 - 6:00 PM Open Gym	5:00-5:45PM Afterschool	Sailfish Swimteam 5:45- 6:00 PM	5:00 - 6:00 PM Afterschool		
	6:00 - 8:45 PM LHVA Volleyball	6:00-6:45PM Basketball Skills & Drills		6:00 - 7:00 PM Open Gym		
		7:30 - 8:45PM LHVA Volleyball	6:00-8:45PM LHVA Volleyball	7:00 - 8:45PM Community Volleyball		