

Gym Schedule 4/15/24 - 4/21/24

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 - 9:45 AM Open Gym	6:00 - 6:45 AM Open Gym	6:00 - 9:45AM Open Gym	6:00-6:45AM Open Gym	6:00 - 9:45 AM Open Gym					
	7:00 - 7:45 AM Bootcamp		7:00-7:45 AM Bootcamp				8:00 AM - 12:00 PM Open Gym	7:00 - 8:45 AM Open Gym	8:00-9:45 AM Open Gym
	8:00 - 9:45 AM Open Gym		8:00 AM - 12:00 PM Open Gym						8:00 AM - 12:00 PM Open Gym
10:00 - 10:45 AM Zumba Gold	10:00 - 11:00 AM Private Pickleball Lessons	10:00-10:45AM Silver Sneakers	10:00-10:45AM Silver Sneakers	10:00 - 11:00 AM Group Private Pickleball Lessons	9:00 AM - 10:00 AM Basketball Skills & Drills	1:00 - 4:00 PM Open Gym			
11:00 - 11:45 AM Open Gym		11:00 - 11:45AM Open Gym		11:00 - 11:45 AM Super 7 Stretch			10:00 AM - 4:00 PM Healthy Kids Day		
12:00 - 2:00 PM Pickleball	12:00-2:00PM Pickleball	12:00-2:00PM Pickleball	12:00-2:00PM Pickleball	12:00 - 2:00 PM Pickleball	10:00 AM - 4:00 PM Healthy Kids Day	4:00 - 6:00 PM Open Court Pickleball			
2:00 - 3:00 PM Walk with Ease	2:00-4:15 PM Open Gym	2:00 - 3:00 PM Walk with Ease	2:00 - 4:15 PM Open Gym	2:00 - 3:00 PM Walk with Ease					
3:00 - 5:00 PM Open Gym		3:00 - 4:00 PM Open Gym		2:00 - 4:00 PM Open Gym					
4:00 - 4:45PM Teen Bootcamp	4:30 - 5:45 PM Afterschool	4:00-4:45PM Teen Bootcamp	4:30 - 5:30 PM Afterschool	4:00 - 4:45 PM Teen Obstacle Course	4:00 - 6:00 PM Open Court Pickleball				
5:00 PM - 6:30 PM Afterschool	6:00 - 8:45 PM LHVA Volleyball	5:00-5:45PM Afterschool	5:45 - 6:00 PM Swim Team	5:00 - 6:00 PM Afterschool					
6:30 - 7:30 PM Open Gym		6:00-6:45PM Basketball Skills & Drills	6:00-8:45PM LHVA Volleyball	6:00-8:45PM LHVA Volleyball	6:00 - 7:00 PM Open Gym				
7:30 - 8:45 PM LHVA Volleyball		7:30 - 8:45PM LHVA Volleyball			7:00 - 8:45PM Community Volleyball				