

Gym Schedule 4/22/24 - 4/28/24

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