

**Gym Schedule 11/01/24 -11/30/24 \*Closed on Thanksgiving Day**



**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
6:00-10:00AM Open Gym	6:00-11:45AM Open Gym	6:00 AM - 7:00 AM Basketball Fitness Class	6:00-11:45AM Open Gym	6:00-10:00AM Open Gym	7:00 - 9:00AM Open Gym	8:00 - 10:00AM Open Gym
		7:00AM -10:00AM Open Gym				
		10:00-10:45AM Zumba Gold				
		11:00-11:45AM Open Gym			10:00-10:45 AM Silver Sneakers	10:00 - 10:45 AM Zumba Gold
11:00-11:45AM Open Gym	11:00-11:45 AM Zumba Toning	11:00 - 11:45 AM Chair Stretch	11:00AM -11:45AM Self-Defense (half-court)			
12:00-2:00PM Pickleball	12:00 - 2:00 PM Pickleball	12:00 - 2:00 PM Pickleball	12:00 - 2:00 PM Pickleball	12:00 - 2:00 PM Pickleball	10:00AM - 6:00PM Open Gym	1:00 - 3:45PM Open Gym
2:00-3:00PM Open Gym	2:00-3:00PM Open Gym	2:00-3:00PM Open Gym	2:00-3:00PM Open Gym	2:00-3:00PM Open Gym		
3:00-4:15PM After School	3:00-4:15PM After School	3:00-4:15PM After School	3:00-4:15PM After School	3:00-4:15PM After School		
4:30-6:00PM OPEN GYM	4:15 - 5:00 PM Teen Bootcamp	4:15 - 5:00 PM Teen Bootcamp (half-court)	4:15-5:45PM Open Gym	4:15-5:00 PM Teen Bootcamp (half-court)		
6:00-7:45PM Basketball Class (half court)	5:15 -9:00PM Open Gym Full Court	5:00 - 5:45 PM BBall Holistic Warrior (half- court)	5:45-6:00PM Swim Team	5:00-6:00PM OPEN GYM	4:00 - 6:00PM Open Court Pickleball (Half Court)	
7:30-8:15PM Flex & Flow (half court)		6:00 - 7:45 PM Basketball Class	5:00-9:00 PM OPEN GYM FULL COURT	6:00 - 7:45PM Soccer		
8:15-9:00PM OPEN GYM FULL COURT		8:00 -9:00PM Open Gym Full Court		8:00-9:00PM OPEN GYM FULL COURT		