

Gym Schedule 12/23/2024 - 12/31/24



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Facility Hours
M-F 6:00 AM-9:00 PM
Saturday: 7:00 AM-6:00 PM
Sunday: 8:00 AM-6:00 PM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:00-8:00AM Open Gym 8:00-9:30AM Holiday Camp 10:00-10:45AM Zumba Gold 11:00-11:45AM Open Gym 12:00-2:00PM Pickleball 2:00-3:00PM Open Gym 3:30-4:00PM Holiday Camp 4:00-6:00PM OPEN GYM 6:00-7:45PM Basketball Class (half court) 7:30-8:15PM Flex & Flow (half court) 8:15-9:00PM OPEN GYM FULL COURT	6:00-11:45AM Open Gym Group Pickleball Lessons 11:00 - 12:00PM 12:00 - 2:00 PM Pickleball 2:00-3:00PM Open Gym CLOSED AT 3:00PM Christmas Eve & 12:00 PM on New Year's Eve	CLOSED for Christmas & New Year's Day	6:00-8:00AM Open Gym	6:00-10:00AM Open Gym				
			Holiday Camp 8:00 - 9:30AM	Holiday Camp 8:00 - 9:30AM	7:00 - 9:00AM Open Gym	8:00 - 10:00AM Open Gym		
			Open Gym 9:30 - 11:00AM	9:30 AM-10:00 AM Open Gym	9:00AM - 1:00PM Basketball Lessons	10:00 - 1:00 PM Open Gym		
			10:00 - 10:45 AM Zumba Gold	10:00 - 10:45 AM Zumba Gold	10:00AM -10:45AM Karate (half-court)			
			Group Pickleball Lessons 11:00 - 12:00PM	11:00 - 11:45 AM Chair Stretch	11:00AM -11:45AM Self-Defense (half-court)	1:00 - 3:45PM Open Gym 4:00 - 6:00PM Open Gym (Half Court) 4:00 - 6:00PM Open Court Pickleball (Half Court)		
			12:00 - 2:00 PM Pickleball	12:00 - 2:00 PM Pickleball	12:00PM - 6:00PM Open Gym			
			2:00-3:00PM Open Gym	2:00-3:00PM Open Gym	2:00-3:00PM Open Gym			
			3:30-4:00PM Holiday Camp	CLOSED AT 3:00PM Christmas Eve & 12:00 PM on New Year's Eve	3:30-4:00PM Holiday Camp	3:30-4:00PM Holiday Camp	4:15-5:00 PM Teen Bootcamp (half-court)	
			4:00-5:45PM Open Gym		4:00-5:45PM Open Gym	5:00-6:00PM OPEN GYM		
			5:45-6:00PM Swim Team		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	8:00-9:00PM OPEN GYM FULL COURT		8:00-9:00PM OPEN GYM FULL COURT	8:00-9:00PM OPEN GYM FULL COURT		