



# GYMNASIUM SCHEDULE

## (Fall)

\*Programs take priority in the gym.  
 \*Please check with the front desk for current programs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM - 9:15AM OPEN GYM	5:30AM - 9:45AM OPEN GYM	5:30AM - 9:15AM OPEN GYM	5:30AM - 9:45AM OPEN GYM	5:30AM - 9:15AM OPEN GYM	7:00AM – 8:30AM OPEN GYM
9:30AM – 10:45AM CARDIO CIRCUIT SILVER SNEAKERS		9:30AM – 10:45AM CARDIO CIRCUIT SILVER SNEAKERS		9:30AM – 10:45AM CARDIO CIRCUIT SILVER SNEAKERS	8:30AM – 3:00PM  OPEN GYM
10:45AM – 1:00PM PICKLEBALL	9:30AM – 12:00PM PICKLEBALL	10:45AM – 1:00PM PICKLEBALL	9:30AM – 12:00PM PICKLEBALL	10:45AM – 1:00PM PICKLEBALL	<b>SUNDAYS</b>  10:00AM – 2:00PM OPEN GYM
12:45PM – 4:00PM OPEN GYM		1:00PM – 2:30PM LUNCHTIME HOOPS		1:00PM – 2:30PM LUNCHTIME HOOPS	
4:00PM – 5:00PM OPEN	12:45PM – 5:00PM OPEN GYM	2:30PM – 4:00PM OPEN GYM	12:45PM – 5:00PM OPEN GYM	2:30PM – 5:00PM OPEN GYM	
5:00PM – 8:00PM ADULT VOLLEYBALL	5:00PM – 6:00PM OPEN GYM	4:00PM – 5:00PM OPEN	5:00PM – 6:00PM PICKLEBALL	5:00PM – 6:00PM OPEN GYM	
	6:00PM – 7:00PM OPEN GYM	5:15PM – 6:45PM JUMP ROPE, ½ COURT	6:00PM – 7:00PM PICKLEBALL	6:00PM – 7:00PM OPEN GYM	
	7:15PM – 8:00PM OPEN GYM	5:00PM – 8:00PM PICKLEBALL, ½ COURT	7:00PM – 8:00PM PICKLEBALL	7:15PM – 8:00PM OPEN GYM	