



# GYMNASIUM SCHEDULE

## (SUMMER 2025)

\*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 – 8:30AM OPEN GYM	5:30AM - 9:15AM OPEN GYM	5:30AM – 8:30AM OPEN GYM	5:30AM - 9:15AM OPEN GYM	7:00AM – 8:00AM OPEN GYM
9:30AM – 10:45AM CARDIO CIRCUIT SILVER SNEAKERS	8:30AM – 10:45PM PICKLEBALL <u>Group A</u>	9:30AM – 10:45AM CARDIO CIRCUIT SILVER SNEAKERS	8:30AM – 10:45PM PICKLEBALL <u>Group A</u>	9:30AM – 10:45AM CARDIO CIRCUIT SILVER SNEAKERS	8:00AM – 12:00PM OPEN GYM
10:45AM – 12:15PM PICKLEBALL <u>Group A</u>	10:45PM – 12:30PM PICKLEBALL <u>Group B</u>	10:45AM – 12:30PM PICKLEBALL <u>Group B</u>	10:45PM – 12:30PM PICKLEBALL <u>Group B</u>	10:45AM – 12:30PM PICKLEBALL <u>Group A</u>	12:00PM – 3:00PM OPEN GYM
12:15PM – 1:45PM PICKLEBALL <u>Group B</u>	12:30PM – 1:45PM PICKLEBALL <u>Group C</u>	12:30PM – 2:15PM Pickleball <u>Group C</u> ½ court	12:30PM – 1:45PM PICKLEBALL <u>Group C</u>	1:00PM – 3:00PM LUNCHTIME HOOPS	<b>SUNDAYS</b>
1:45PM – 3:00PM PICKLEBALL <u>Group C</u>	1:45PM – 3:00PM Beginner Pickleball	1:00PM – 3:00PM Lunchtime Hoops ½ court	1:45PM – 3:00PM Beginner Pickleball	3:00PM – 4:00PM OPEN GYM	
3:00PM – 5:00PM OPEN GYM	3:00PM - 6:00PM OPEN GYM	3:00PM – 6:00PM OPEN GYM	3:00PM – 6:00PM OPEN GYM	4:00PM – 6:00PM OPEN GYM	
6:00PM – 8:00PM JUMP ROPE ½ COURT	6:00PM – 8:00PM OPEN GYM	6:00PM – 8:00PM JUMP ROPE/FENCING	6:00PM – 8:00PM OPEN GYM	6:00- 8:00 PM FENCING	10:00AM – 2:00PM OPEN GYM