



GYMNASIUM SCHEDULE

(FALL 2023)

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

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

SUNDAYS