



GYMNASIUM SCHEDULE

(SPRING 2023)

*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 - 9:00AM 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	
5:00PM – 8:00PM ADULT VOLLEYBALL	2:45PM – 5:00PM OPEN GYM	4:00PM – 5:00PM OPEN GYM	2:45PM – 5:00PM OPEN GYM	5:00PM – 6:00PM OPEN GYM	SUNDAYS 10:00AM – 2:00PM OPEN GYM
	5:00PM – 6:00PM OPEN GYM	5:15PM – 6:45PM JUMP ROPE, ½ COURT	5:00PM – 6:00PM OPEN GYM	6:00PM – 7:00PM OPEN GYM	
	6:00PM – 8:00PM OPEN GYM	5:00PM – 8:00PM PICKLEBALL, ½ COURT	6:00PM – 8:00PM OPEN GYM	7:15PM – 8:00PM OPEN GYM	