



GYMNASIUM SCHEDULE

(SEPTEMBER)

*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 - 11:15AM OPEN GYM	5:30AM - 9:15AM OPEN GYM	5:30AM - 11:30AM 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 YOUTH BASKETBALL LEAGUE
11:30AM – 2:30PM PICKLEBALL	11:30AM – 2:30PM PICKLEBALL	10:45AM – 12:45PM PICKLEBALL	11:30AM – 2:30PM PICKLEBALL	10:45AM – 12:45PM PICKLEBALL	*Starting 11/06 until then, open gym
2:30PM – 5:30PM OPEN GYM	2:30PM – 5:45PM OPEN GYM	1:00PM – 2:30PM LUNCHTIME HOOPS	2:30PM – 5:45PM OPEN GYM	1:00PM – 2:30PM LUNCHTIME HOOPS	
5:30PM – 8:00PM ADULT VOLLEYBALL	6:00PM – 8:00PM ADULT BASKETBALL LEAGUE	5:15PM – 6:45PM JUMP ROPE, ½ COURT	6:00PM – 8:00PM ADULT BASKETBALL LEAGUE	2:30PM – 8:00PM OPEN GYM	SUNDAYS
		5:00PM – 8:00PM PICKLEBALL ½ COURT		10:00AM – 2:00PM OPEN GYM	