



# GYMNASIUM SCHEDULE

## (SUMMER 2024)

\*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 – 10:45 AM 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 – 12:15PM 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 – 12:15PM PICKLEBALL <u>Group B</u>	10:45AM – 12:30PM PICKLEBALL <u>Group A</u>	
12:15PM – 1:45PM PICKLEBALL <u>Group B</u>	12:30PM – 1:45PM PICKLEBALL <u>Group C</u>	12:30PM-2:45PM PICKLEBALL <u>Group C</u>	12:30PM – 1:45PM PICKLEBALL <u>Group C</u>	1:00PM – 2:30PM LUNCHTIME HOOPS	
1:45 PM- 3:00 PM PICKLEBALL <u>Group C</u>	1:45 PM- 3:00 PM Beginner Pickleball	1:00PM – 2:30PM LUNCHTIME HOOPS	1:45PM – 3:00PM Beginner Pickleball	2:30PM – 5:00PM OPEN GYM	
3:00PM – 5:00PM OPEN GYM	3:00PM – 5:00PM OPEN GYM	2:45PM – 4:00PM OPEN GYM	3:00PM – 5:00PM OPEN GYM	5:00PM – 6:00PM OPEN GYM	
5:00PM – 8:00PM OPEN GYM	5:00PM – 6:00PM OPEN GYM	4:00PM – 5:00PM OPEN GYM	5:00PM – 6:00PM OPEN GYM	6:00PM – 7:00PM OPEN GYM	10:00AM – 2:00PM OPEN GYM
	6:00PM – 8:00PM OPEN GYM	5:15PM – 6:45PM JUMP ROPE, ½ COURT	6:00PM – 8:00PM OPEN GYM	7:15PM – 8:00PM OPEN GYM	
		5:00PM – 8:00PM PICKLEBALL, ½ COURT			

### SUNDAYS