



Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SPIN 6:00a-6:45a	HIIT 6:00a-6:45a	SPIN 6:00a-6:45a	Strength Training 6:15a-6:45a	OPEN GYM 6:00a-7:45a	SPIN 8:00a-8:45a	SPIN 8:00a-8:45a
Les Mills CORE 6:55a-7:25a	OPEN GYM 6:45a-12:30p	OPEN GYM 6:45a-7:30a	OPEN GYM 6:45a-9:00a	SPIN 7:45a-8:45a	Group X 9:00a-10:15a	Group X 8:45a-11:15a
Volleyball 7:30a-9:00a 1/2 Open Gym		Volleyball 7:30a-9:00a 1/2 Open Gym	Group X 9:00a-10:30a	Volleyball 7:30a-9:00a 1/2 Open Gym	OPEN GYM 10:30a-12:00p	OPEN GYM 10:15a-12p
OPEN GYM 9:00a-5:00p	Pickleball 12:30p-2:30p 1/2 Open Gym	SPIN 9:00a-9:45a	OPEN GYM 10:30a-12:30p	Group X 9:00a-11:30a begins 6/18		
	OPEN GYM 2:30p-4:00p	Group X 10:30a-11:30a begins 6/14	Pickleball 12:30p-2:30p 1/2 Open Gym	OPEN GYM 11:30a-4:00p		
		OPEN GYM 11:30a-5:00p	OPEN GYM 2:30p-4:00p			
Group X 5:00p-7:30p no open gym	SA 4:00p-4:45p 1/2 Open Gym	Group X 5:00p-7:00p no open gym	SA 4:00p-4:45p 1/2 Open Gym			
OPEN GYM 7:30p - 8:00p	OPEN GYM 4:45p-8:00p	OPEN GYM 7:00p - 8:00p	OPEN GYM 4:45p-8:00p			

Gymnasium Etiquette

****NO PICKLEBALL OR VOLLEYBALL DURING OPEN GYM TIME.**

****PICKLEBALL PLAYERS BRING OWN RACKET AND BALLS. MEMBERS ONLY**

****Anything highlighted may have half or full court closed due to programs.**

****Please change to sneakers before entering the gymnasium.**

****No food or drink allowed in the gymnasium. Water only.**

****You must be 13 years or older to be in the gymnasium without adult supervision.**

**** SA = School Age/ Youth Sports paid classes**

6/1/2021