

# Gym Schedule - Effective November 4, 2018

Court:	Monday		Tuesday		Wednesday		Thursday		Friday	
	1	2	1	2	1	2	1	2	1	2
5:00am - 7:00am										
7:00am - 7:30am										
7:30am - 8:00am										
8:00am - 8:30am										
8:30am - 9:00am	Cardio Strength Power Hour									
9:00am - 9:30am										
9:30am - 10:00am										
10:00am - 10:30am										
10:30am - 11:00am			Beginning Pickleball Registration Required 9/11-10/2, 10/16-11/6, 11/27-12/18							
11:00am - 11:30am										
11:30am - 12:00pm										
12:00pm - 12:30pm										
12:30pm - 1:00pm										
1:00pm - 1:30pm										
1:30pm - 2:00pm										
2:00pm - 2:30pm										
2:30pm - 3:00pm										
3:00pm - 3:30pm										
3:30pm - 4:00pm	Youth				Youth					
4:00pm - 4:30pm	Basketball				Basketball					
4:30pm - 5:00pm	12-17 yrs				12-17 yrs					
5:00pm - 5:30pm										
5:30pm - 6:00pm	H.I.I.T. (Open to Members & Guests. No Registration Required)									
6:00pm - 6:30pm										
6:30pm - 7:00pm										
7:00pm - 7:30pm			Adult (18+) Drop In Basketball				Adult (18+) Drop In Basketball			
7:30pm - 8:00pm										
8:00pm - 8:30pm										
8:30pm - 9:30pm									Center Closes at 8:00PM	

Court:	Saturday		Sunday	
	1	2	1	2
7:00am-9:00am				
9:00am-9:30am				
9:30am-10:00am				
10:00am-10:30am				
10:30am-11:00am				
11:00am-11:30am				
11:30am-12:00pm				
12:00-12:30pm				
12:30pm-1:00pm				
1:00pm-1:30pm	Youth (12-17)			
1:30pm-2:00pm	Basketball			
2:00pm-2:30pm				
2:30pm-3:00pm				
3:00pm-3:30pm				
3:30pm-4:00pm				
4:00pm-6:00pm				

### Key:

- Gym available for open use
- Drop-in basketball: full-court play
- Drop-in basketball: shooting hoops
- Drop-in pickleball
- Drop-in volleyball
- Gym is in use by class
- Gym is in use by Kids In Motion
- Scheduled Swim & Gym time for families (see Swim & Gym schedule for more info)

