GYMNASIUM SCHEDULE

Effective Date: October 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5AM	5:30 AM – 6:00 AM **OPEN GYM**	5:30 AM – 7:45 AM **OPEN GYM**	5:30 AM – 6:00 AM **OPEN GYM**	5:30 AM – 7:45 AM **OPEN GYM**	5:30 AM – 7:00 AM GROUP EXERCISE NO Open Gym		
6AM	6:00 AM – 7:00 AM **PICKLEBALL (13+)** 1/2 Open Gym		6:00 AM – 7:00 AM **PICKLEBALL (13+)** 1/2 Open Gym				
7AM	7:00 AM – 9:00 AM **VOLLEYBALL** 1/2 Open Gym		7:00 AM – 9:00 AM **VOLLEYBALL** 1/2 Open Gym		7:00 AM – 9:00 AM **VOLLEYBALL** 1/2 Open Gym	7:00 AM – 8:45 AM **OPEN GYM**	7:00 AM – 8:45 AM **OPEN GYM**
8AM		7:45 AM – 10:15 AM **GROUP EXERCISE** NO Open Gym		7:45 AM – 11:30 AM **GROUP EXERCISE** NO Open Gym		8:45 AM – 10:05 AM **GROUP EXERCISE** NO Open Gym	8:45 AM – 10:00 AM **GROUP EXERCISE** NO Open Gym
9AM	9:00 AM – 12:00 PM **GROUP EXERCISE** NO Open Gym		9:00 AM – 12:45 PM **GROUP EXERCISE** NO Open Gym		9:00 AM – 12:45 PM **GROUP EXERCISE** NO Open Gym	10:05 AM – 1:00 PM **YOUTH SPORTS** 1/2 Open Gym	10:05 AM – 1:00 PM **OPEN GYM**
10AM		10:20 AM – 12:30 PM **OPEN GYM**					
11AM				11:35 AM – 12:30 PM **OPEN GYM**			
12PM	12:00 PM – 6:15 PM **OPEN GYM**	12:30 PM – 2:30 PM **PICKLEBALL (13+)** NO Open Gym	1 2:50 AM – 5:00 PM **OPEN GYM**	12:30 PM – 2:30 PM **PICKLEBALL (13+)** NO Open Gym	1:00 PM – 3:00 PM **PICKLEBALL (13+)** 1/2 Open Gym	1:00 PM – 4:00 PM **OPEN GYM**	1:00 PM – 3:00 PM **PICKLEBALL (13+)** 1/2 Open Gym
1PM							
2PM		2:30 PM – 4:30 PM **OPEN GYM**		2:30 PM – 4:30 PM **OPEN GYM**			
3PM					3:00 PM – 4:30 PM **OPEN GYM**		3:00 PM – 4:00 PM **OPEN GYM**
4PM		4:30 PM – 5:00 PM **S.A.C.C.** 1/2 Open Gym		4:30 PM – 5:00 PM **S.A.C.C.** 1/2 Open Gym	4:30 PM – 7:00 PM **MEMBERS ONLY VOLLEYBALL (13+)** 1/2 Open Gym		
5PM		5:00 PM – 7:00 PM **OPEN GYM**	5:00 PM – 7:00 PM **VOLLEYBALL CLINIC** 1/2 Open Gym	5:00 PM – 6:15 PM **OPEN GYM**			
6PM	6:15 PM – 7:30 PM **GROUP EXERCISE** NO Open Gym			6:15 PM – 7:30 PM **GROUP EXERCISE** NO Open Gym			
7PM		7:00 PM – 9:00 PM **PICKUP BASKETBALL** NO Open Gym	7:00 PM – 9:00 PM **MEMBERS ONLY VOLLEYBALL (13+)** 1/2 Open Gym				
8PM	7:35 PM – 9:00 PM **OPEN GYM**			7:35 PM – 9:00 PM **OPEN GYM**			
9PM							

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