

Gymnasium Schedule

Effective June 1st, 2025

| Time | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | |
|----------|---|-------------------------------------|---|-------------------------------------|--|--|-------------------------|--|--|
| 5:00 am | | Small Group Training 5:30-6:30am | Open Gym 5-6am | Small Group Training 5:30-6:30am | Open Gym 5-6am | Open Gym 5-9am | | | |
| 6:00 am | | Flex Open Gym 6:30am-12pm | Small Group Training 6-7am | Open Gym 6:30-9am | Small Group Training 6-7am | | | | |
| 7:00 am | Open Gym 7-9am | | Flex Open Gym 7am-12pm | | Small Group Training 7-8am | Open Gym 7-9am | | | |
| 8:00 am | | | | | Open Gym 8-9am | | | | |
| 9:00 am | Open Pickleball 9-12pm (FULL GYM) | | | Small Group Training 9-10am | Open Pickleball 9-11:45am (FULL GYM) | Open Pickleball 9-11:45am (FULL GYM) | Flex Open Gym 9-12pm | | |
| 10:00 am | | | | Open Gym 10am-12pm | | | | | |
| 11:00 am | | | | BUFFER | BUFFER | | | | |
| 12:00 pm | Open Gym 12-8pm | Small Group Training 12-1pm | Competitive Pickleball 12-1:30pm (FULL GYM) 18 slots | Small Group Training 12-1pm | Open Gym 12-5:30pm | Co-Ed Drop In Basketball 12-2pm (FULL GYM) | Open Gym 12-8pm | | |
| 1:00 pm | | Open Gym 1-6:15pm | Open Gym 1:30-9pm | Open Gym 1-6:15pm | | Open Gym 2-9pm | | | |
| 2:00 pm | | | | | | | | | |
| 3:00 pm | | | | | | | | | |
| 4:00 pm | | | Small Group Training 5:30-6:30pm | | Small Group Training 5:30-6:30pm | | | | |
| 5:00 pm | | | | | | | | | |
| 5:30pm | | Small Group Training 6:15-7:15pm | Open Gym 6:30-9pm | Small Group Training 6:15-7:15pm | Open Gym 6:30-9pm | | | | |
| 6:00 pm | | | | | | | | | |
| 6:30pm | | Open Gym 7:15-9pm | | Open Gym 7:15-9pm | | | | | |
| 7:00 pm | | | | | | | | | |
| 8:00 pm | | | | | | | | | |
| 9:00 pm | | | | | | | | | |
| 10:00 pm | | | | | | | | | |

* Open Gyms are FULL GYM. All activities are a half gym unless specified.

Important – Turn over for additional information

| SCHEDULE DEFINITIONS: | PLANNED SCHEDULE CHANGES: |
|--|--|
| <p>Schedule Definitions:</p> <p>Flex Open Gym: A flexible time for open play in the gym. This time allows for all activities on a first-come-first-serve basis, including Pickleball. Pickleball is limited to half court only and must allow others to play. Pickleball players need to SETUP and TAKEDOWN ALL EQUIPMENT.</p> <p>Open Gym: A time for open play in the gym. To allow maximum use by everyone, NO PICKLEBALL.</p> <p>Coed Drop-in Basketball: open pickup games</p> <p>Open Pickleball: No other activities during this time. All Levels welcome so give it a try!</p> <p>Competitive pickleball: 18 slots available 30 minutes prior to start time. This session is reserved for players with an intermediate (3.5) skill level or higher, based on USA Pickleball standards. Beginners will not be permitted to participate to maintain an elevated level of gameplay. Skill level assessments will be provided as needed; details will be posted when available.</p> <p>Small Group Training: Paid fitness programming. For information visit our website.</p> | <ul style="list-style-type: none"> July 17th the entire gymnasium will be closed from 10am – 6:30pm for the American Red Cross Blood Drive. |