

## WEST GYM SCHEDULE/APRIL 14-JUNE 8, 2025

Signorman	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
G:00 AM	5:00 AM							
Side	5:30 AM						CLOSED	CLOSED
Open Gym   Si00-8:00am   Si00-8:00am   Si00-8:00am   Si00-8:00am   Si00-8:00am   Si00-9:15am   Si0	6:00 AM							
Step & Sculpt   Step & Sculp	6:30 AM		6:30-8:00am Step & Sculpt					
1.30 AM   8:00 AM   8:00 8:45am   8:00-8:45am   8:00-8:45am   8:00-8:45am   8:00-8:45am   9:15-10am	7:00 AM							
8:30 AM   9:00 AM   9:05 AM   9:05 AM   9:05 AM   9:05 AM   9:05 AM   9:05 AM   9:15-10am   9:15-10a								
Spinning   9:15-10am   9:10-10am   9:10-	_						Drop-In Pickleball	Drop-In Pickleball
9:15-10am   9:10-0-12:00   10:00-12:	-		8:00-8:45am		8:00-8:45am			
10:00 AM   10:00 AM   10:00 AM   10:00 AM   10:00 AM   10:00-12:00   1								
10:30 AM   11:00 AM		9:15-10am		9:15-10am		9:15-10am		
10:00 AM   10:00-12:00   10:00-11:00am   10:00-12:00   1			Parkinson's 10:00- 11:00am	Pickleball	Parkinson's 10:00-	Parkinson's 10:00-11:00am		
11:30 AM   10:00-12:00   10:								
11:30 AM	11:00 AM							
12:30 PM   Futsal   12:00-1:00pm   Adult   Drop-In   Futsal   12:00-1:00pm   Adult   Drop-In   Pickleball   12:00-3:15pm   Open Gym   1:00-4:00pm   3:30 PM   Games   4:15-4:45pm   5:30 PM   Significant   Signif	11:30 AM						11:00-	
12:30 PM	12:00 PM	Futsal	Drop-In Pickleball	Adult Dron-In	Drop-In Pickleball	Futsal		Basketball
12:00-1:00pm	12.20 DM			Futsal				
1:00 PM	12:30 PM							
1:30 PM	1:00 PM	Drop-In Pickleball				Drop-In Pickleball		
2:00 PM	1:30 PM							
3:00 PM   3:15-5:00pm   3:15-5:30pm   3:15	2:00 PM							
3:30 PM   4:00 PM   3:15-5:00pm   3:15-5:30pm   5:30-6:15pm   5:30-6:15pm   5:30-6:15pm   5:30-6:15pm   5:30-6:15pm   5:30-6:15pm   3:15-8:00pm   3:15-8:0	2:30 PM							
3:15-5:00pm   3:15-5:30pm	3:00 PM				3:15-5:30pm			
4:00 PM	3:30 PM							
4:15-4:45pm   5:00 PM   Soccer Basics   6-8 years   5:00-5:45pm   5:30-6:15pm   5:30	4:00 PM			•				
Spinning	4:30 PM							
Spinning	5:00 PM							
5:30 PM         5:00-6:00pm         Spinning 5:30-6:15pm         Spinning 6-8 years 5:00-5:45pm         Open Gym 3:15-8:00pm           6:00 PM         Coed Volleyball 6:00-6:45pm         Soccer Basics 9-13 years 6:00-6:45pm         UJam 6:30-7:15pm         CLOSED         CLOSED           6:30 PM         Basketball 2nd-4th 6:30-7:05pm 6:00-6:45pm         Pickleball 9-13 years 6:00-6:45pm         6:30-7:15pm         6:30-7:15pm         6:30-7:15pm           7:00 PM         Adult Volleyball Leagues 7:05-9:00pm         Open Gym 7:05-9:00pm         Adult Drop-In Basketball Volleyball Volleyball Volleyball 7:05-9:00pm         Adult Drop-In Basketball Nolleyball Volleyball Volleyba					5:30-6:15pm			
6:00 PM	5:30 PM	5:00-6:00pm		Pickleball				
6:00 PM								
Volleyball   6:00-6:45pm   HIIT   6:30-7:05pm   Basketball   2 <sup>nd</sup> -4 <sup>th</sup>   6:00-6:45pm   6:00-6:45pm   G:00-7:00pm   Fickleball   9-13 years   6:00-6:45pm   6:30-7:15pm   6:30-7:15pm				5:00-5:45pm				
6:30 PM  Basketball 2 <sup>nd</sup> -4 <sup>th</sup> 6:30-7:05pm  7:00 PM  7:30 PM  8:00 PM  Adult Volleyball Leagues  CLOSED	6:00 PM							
6:30 PM			00-6:45pm 		UJam 6:30-7:15pm		CLOSED	CLOSED
Basketball 2 <sup>nd</sup> -4 <sup>th</sup> 6:30-7:05pm   Pickleball 9-13 years 6:00-7:00pm   7:00 PM	C.20 DM							
6:00-7:00pm  7:00 PM  7:30 PM  8:00 PM  Leagues  Open Gym 7:05-9:00pm  7:05-9:00pm  Tolor-1n  Basketball  Volleyball  Tolor-1n  Basketball  Tolor-1n  Tolor-	6:30 PM			9-13 years				
7:00 PM 7:30 PM 8:00 PM Leagues 7:05-9:00pm 7:05-9:00pm 7:05-9:00pm 7:05-9:00pm 7:05-9:00pm 7:05-9:00pm								
7:30 PM Adult Volleyball S:00 PM Leagues 7:05-9:00pm 7:05-9:00pm 7:05-9:00pm 7:05-9:00pm 7:05-9:00pm 7:05-9:00pm 7:05-9:00pm	7:00 PM	Adult Volleyball Leagues	Open Gym	Adult Drop-In				
8:00 PM Leagues 7:05-9:00pm 7:05-9:00pm Volleyball 7:05-9:00pm	7.20 PM						CLOSED	
7:00 0:00mm								
8:30 PM 7:00-9:00piii 7:00-9:00piii 7:00-9:00piii	8:30 PM	7:00-9:00pm				GI 0.3=5		
9:00 PM CLOSED						CLOSED		