



WEST GYM SCHEDULE/SPRING BREAK: APRIL 7-13

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
5:00 AM	Open Gym 5-8an	Open Gym 5-8am	Open Gym 5:00-8:00am			CLOSED	CLOSED			
5:30 AM				Spin & Sculpt Hannah 5:45-6:30am	Themed Spin Tracy 6:00-6:45am					
6:00 AM										
6:30 AM				Open Gym 6:30-8:00am	Open Gym 6:45am-12pm					
7:00 AM										
7:30 AM		Step & Sculpt Amanda 8:00-8:45am								
8:00 AM		Step & Sculpt Amanda 8:00-8:45am		Adult Drop-In Pickleball 8-11:00am		Adult Drop-In Pickleball 8-11:00am				
8:30 AM										
9:00 AM	Spinning w Renee 9:15-10am	HIIT Tracy W. 9:15-10am	Spinning Nicole 9:15-10am	HIIT Brandy 9:15-10am						
9:30 AM										
10:00 AM	Open Gym 10am-12pm	Open Gym 10am-12pm	Adult Drop-In Pickleball 10am-12pm	Open Gym 10am-12pm	Open Gym 6:45am-12pm	Adult Drop-In Pickleball 8-11:00am	Adult Drop-In Pickleball 8-11:00am			
10:30 AM										
11:00 AM										
11:30 AM										
12:00 PM	Adult Drop-In Futsal 12:00-1:00pm	Adult Drop-In Pickleball 12:00-3:15pm	Adult Drop-In Futsal 12-1pm	Adult Drop-In Pickleball 12:00-3:15pm	Adult Drop-In Futsal 12:00-1:00pm	Open Gym 11:00- 5:00pm	Adult Drop-In Basketball 12-2pm			
12:30 PM										
1:00 PM	Adult Drop-In Pickleball 1:15-3:15pm		Open Gym 1-7pm		Adult Drop-In Pickleball 1:15-3:15pm					
1:30 PM										
2:00 PM										
2:30 PM	Open Gym 3:15-9:00pm	Open Gym 3:15-6:30pm		Open Gym 3:15-5:30pm	Open Gym 3:15-8:00pm					
3:00 PM										
3:30 PM										
4:00 PM										
4:30 PM										
5:00 PM										
5:30 PM			Adult Drop-In Volleyball 7:00-9:00pm	Spinning Jamie 5:30-6:15pm	CLOSED	CLOSED				
6:00 PM										
6:30 PM		HIIT Jamie 6:30-7:05pm		UJam Claire 6:30-7:15pm						
7:00 PM		Open Gym 7:05-9:00pm		Adult Drop-In Basketball 7:15-9:00pm						
7:30 PM										
8:00 PM										
8:30 PM										
9:00 PM							CLOSED			