



WEST GYM SCHEDULE/APRIL 14-JUNE 8, 2025

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00 AM	Open Gym 5:00-8:00am				Open Gym 5:00-9:15am	CLOSED	CLOSED	
5:30 AM								
6:00 AM		Spinning 5:45-6:30am		Spin & Sculpt 5:45-6:30am				
6:30 AM			Open Gym 5:00-8:00am	Open Gym 6:30-8:00am				
7:00 AM		Open Gym 6:30-8:00am						
7:30 AM								
8:00 AM		Step & Sculpt 8:00-8:45am		Step & Sculpt 8:00-8:45am				
8:30 AM						Adult Drop-In Pickleball 8-11:00am	Adult Drop-In Pickleball 8-11:00am	
9:00 AM	Spinning 9:15-10am	HIIT 9:15-10am	Spinning 9:15-10am	HIIT 9:15-10am	Step Aerobics 9:15-10am			
9:30 AM								
10:00 AM	Open Gym 10:00-12:00	Pedaling for Parkinson's 10:00- 11:00am	Adult Drop-In Pickleball 10:00-12:00	Pedaling for Parkinson's 10:00- 11:00am	Pedaling for Parkinson's 10:00-11:00am			
10:30 AM								
11:00 AM			Open Gym 10:00-12:00		Open Gym 10:00-12:00	Open Gym 10:00-12:00		
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 12:00-1:00pm	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 1:00-4:00pm	Adult Drop-In Pickleball 1:15-3:15pm			
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM	Open Gym 3:15-5:00pm	Open Gym 3:15-5:00pm		Open Gym 3:15-5:30pm				
3:30 PM								
4:00 PM				Sports & Games 4:15-4:45pm				
4:30 PM								
5:00 PM	Basketball Y5-1 st 5:00-6:00pm		Soccer Basics 6-8 years 5:00-5:45pm	Spinning 5:30-6:15pm	Open Gym 3:15-8:00pm			
5:30 PM		Spinning 5:30-6:15pm	Pickleball 6-8 years 5:00-5:45pm					
6:00 PM	Coed Volleyball 6:00-6:45pm		Soccer Basics 9-13 years 6:00-6:45pm			CLOSED	CLOSED	
6:30 PM	Basketball 2 nd -4 th 6:00-7:00pm	HIIT 6:30-7:05pm	Pickleball 9-13 years 6:00-6:45pm	UJam 6:30-7:15pm				
7:00 PM	Adult Volleyball Leagues 7:00-9:00pm	Open Gym 7:05-9:00pm	Adult Drop-In Volleyball 7:00-9:00pm	Adult Drop-In Basketball 7:15-9:00pm	CLOSED			
7:30 PM								
8:00 PM								
8:30 PM								
9:00 PM								