



WEST GYM SCHEDULE/JUNE 9

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
5:00 AM	Open Gym 5-8am	Spinning 5:45-6:30am	Open Gym 5-8am	Spin & Sculpt 5:45-6:30am	Open Gym 5-9:15am	CLOSED	CLOSED			
5:30 AM										
6:00 AM										
6:30 AM		Open Gym 6:30-8am		Step & Sculpt 8:00-8:45am		Step & Sculpt 8:00-8:45am				
7:00 AM										
7:30 AM										
8:00 AM		Spinning 9:15-10am		HIIT 9:15-10am		Spinning 9:15-10am	HIIT 9:15-10am	Step Aerobics 9:15-10am	Adult Drop-In Pickleball 8-11am	Adult Drop-In Pickleball 8-11am
8:30 AM										
9:00 AM	Open Gym 10am-12pm	Pedaling for Parkinson's 10:00- 11:00am	Open Gym 10am-12pm	Pedaling for Parkinson's 10:00- 11:00am	Pedaling for Parkinson's 10:00-11:00am					
9:30 AM										
10:00 AM	Adult Drop-In Futsal 12-1pm	Open Gym 10am-5:30pm	Adult Drop-In Futsal 12-1pm	Open Gym 10am-5pm	Open Gym 10am-12pm	Open Gym 11am-3pm	Open Gym 11am-3pm			
10:30 AM										
11:00 AM										
11:30 AM	Adult Drop-In Futsal 12-1pm		Open Gym 1-5:30pm	Open Gym 1-5:30pm	Open Gym 1-7pm					
12:00 PM										
12:30 PM	Open Gym* 4:30-7pm		Spinning 5:30-6:15pm	Adult Drop-In Basketball** 5:30-7:30pm	Spinning* 5:30-6:15pm	Open Gym 1-7pm	CLOSED 3pm	CLOSED 3pm		
1:00 PM										
1:30 PM										
2:00 PM		HIIT 6:30-7:05pm	**Half Gym reserved for Youth Sports IF RAINING	UJam 6:30-7:15pm						
2:30 PM										
2:30 PM		*Reserved for Youth Sports IF RAINING	Spinning 5:30-6:15pm	Adult Drop-In Basketball** 5:30-7:30pm	Spinning* 5:30-6:15pm					
3:00 PM										
3:30 PM		Open Gym 7-8pm	Open Gym 7:30-8pm	CLOSED 7pm						
4:00 PM										
4:30 PM	Open Gym 7-8pm	Open Gym 7:30-8pm	CLOSED 7pm							
5:00 PM										
5:30 PM	Open Gym 7-8pm	Open Gym 7:30-8pm	CLOSED 7pm							
6:00 PM										
6:30 PM	Open Gym 7-8pm	Open Gym 7:30-8pm	CLOSED 7pm							
7:00 PM										
7:30 PM	Open Gym 7-8pm	Open Gym 7:30-8pm	CLOSED 7pm							
8:00 PM										

RAIN/INCLEMENT WEATHER: To accommodate Summer Day Camp and Youth Sports, Fitness Classes in the West Gym, Open Gym, and Adult Sports will be cancelled if there is inclement weather/rain.