



WEST GYM SCHEDULE/OCTOBER 27-DECEMBER 21

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:00 AM	Open Gym 5-9am		Open Gym 5-9am		Open Gym 5-9:15am	CLOSED	CLOSED		
5:30 AM		Spinning 5:45-6:30am		Spin & Sculpt 5:45-6:30am					
6:00 AM									
6:30 AM		Open Gym 6:30-8am		Open Gym 6:30-8am					
7:00 AM									
7:30 AM		Step & Sculpt 8:00-8:45am		Step & Sculpt 8:00-8:45am					
8:00 AM									
8:30 AM					Adult Drop-In Pickleball 8-11am	Adult Drop-In Pickleball 8-11am			
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	Open Gym 9:15am-12pm	Pedaling for Parkinson's 10:00- 11:00am	Open Gym 9:15am-12pm	Pedaling for Parkinson's 10:00- 11:00am			Pedaling for Parkinson's 10:00-11:00am		
10:00 AM									
10:30 AM									
11:00 AM									
11:30 AM		Open Gym 11am-12pm		Open Gym 11am-12pm	Open Gym 10am-12pm	Open Gym 11am-5pm	Open Gym 11am-12pm		
12:00 PM	Adult Drop-In Futsal 12-1pm	Adult Drop-In Pickleball 12-3:15pm	Adult Drop-In Futsal 12-1pm	Adult Drop-In Pickleball 12-3:15pm	Adult Drop-In Futsal 12-1pm		Adult Drop-In Basketball 12-2pm		
12:30 PM									
1:00 PM	Adult Drop-In Pickleball 1:15-3:15pm		Open Gym 1-5pm		Adult Drop-In Pickleball 12-3:15pm			Adult Drop-In Pickleball 1:15-3:15pm	
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM	Youth Sports 4:15-7pm	Open Gym 3:30-5:30pm	Youth Sports 5-7pm	Open Gym 3:30-5:30pm	Open Gym 3:15-8pm CLOSED 8pm	Open Gym 11am-5pm	Open Gym 2-5pm		
3:30 PM								Open Gym 3:30-4:15pm	
4:00 PM									
4:30 PM		Youth Sports 5-7pm		Open Gym 3:30-5:30pm				Youth Sports 5-7pm	Open Gym 3:30-5:30pm
5:00 PM									
5:30 PM									
6:00 PM	Youth Sports 4:15-7pm	Spinning 5:30-6:15pm	Youth Sports 5-7pm	Spinning 5:30-6:15pm	Open Gym 3:15-8pm CLOSED 8pm	Open Gym 11am-5pm	Open Gym 2-5pm		
6:30 PM		HIIT 6:30-7:05pm		Hip Hop Dance Fitness 6:30-7:15pm					
7:00 PM		Adult Volleyball Leagues (9/15-11/17) 7-9pm		Open Gym 7:15-9pm				Adult Drop-In Volleyball 7-9pm	Adult Drop-In Basketball 7:15-9pm
7:30 PM									
8:00 PM									
9:00 PM									