



WEST GYM SCHEDULE/JANUARY 5-25

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM					Open Gym 5-6am	CLOSED	CLOSED
5:30 AM		Spinning 5:45-6:30am		Spin & Sculpt 5:45-6:30am			
6:00 AM	Open Gym 5-9am		Open Gym 5-9am		Spinning 6-6:45am		
6:30 AM		Open Gym 6:30-8am		Open Gym 6:30-8am			
7:00 AM					Open Gym 6:45-9:15am	Open Gym 7-8am	Open Gym 7-8am
7:30 AM							
8:00 AM		Step & Sculpt 8:00-8:45am		Step & Sculpt 8:00-8:45am			
8:30 AM							
9:00 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
9:30 AM							
10:00 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		
10:30 AM							
11:00 AM							
11:30 AM		Open Gym 11am-12pm		Open Gym 11am-12pm	Open Gym 10am-12pm		Open Gym 11am-12pm
12:00 PM	Adult Drop-In Futsal 12-1pm		Adult Drop-In Futsal 12-1pm		Adult Drop-In Futsal 12-1pm		
12:30 PM							Adult Drop-In Basketball 12-2pm
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM	Open Gym 3:30-4:00pm						
4:30 PM	Youth Sports 4-5pm	Open Gym 3:30-5:30pm					
5:00 PM							
5:30 PM	Open Gym 5-7pm	Spinning 5:30-6:15pm			Open Gym 3:15-8pm		
6:00 PM							
6:30 PM		HIIT 6:30-7:05pm		Hip Hop Dance Fitness 6:30-7:15pm		CLOSED 5pm	CLOSED 5pm
7:00 PM	Adult Volleyball Leagues (1/12-3/16) 7-9pm		Adult Drop-In Volleyball 7:15-9pm (Half Court begins 1/28)	Adult Drop-In Basketball 7:15-9pm (Ends 1/22)			
7:30 PM							
8:00 PM							
9:00 PM					CLOSED 8pm		