






WEST GYM SCHEDULE/DECEMBER 22-28, 2025

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	Open Gym 5-9am		Open Gym 5-10am	 CHRISTMAS CLOSED	Open Gym 5-6am	CLOSED	CLOSED
5:30 AM		Spinning 5:45-6:30am			Spinning 6-6:45am		
6:00 AM						Open Gym 7-8am	Open Gym 7-8am
6:30 AM		Open Gym 6:30-8am			Open Gym 6:45-9:15am		
7:00 AM						Adult Drop-In Pickleball 8-11am	Adult Drop-In Pickleball 8-11am
7:30 AM		Step & Sculpt 8:00-8:45am			Step Aerobics 9:15-10am		
8:00 AM					Pedaling for Parkinson's 10:00-11:00am	Open Gym 11am-5pm	Open Gym 11am-12pm
8:30 AM							
9:00 AM	Spinning 9:15-10am	HIIT 9:15-10am			Winter Break Camp 10am-12pm	Open Gym 11am-5pm	Adult Drop-In Basketball 12-2pm
9:30 AM							
10:00 AM	Winter Break Camp 10am-12pm	Pedaling for Parkinson's 10:00- 11:00am	Winter Break Camp 10am-12pm		Adult Drop-In Futsal 12-1pm		Open Gym 2-5pm
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM	Adult Drop-In Futsal 12-1pm	Adult Drop-In Pickleball 12:15-3:15pm	Adult Drop-In Futsal 12-1pm		Adult Drop-In Pickleball 1:15-3:15pm		Open Gym 2-5pm
12:30 PM							
1:00 PM			 CHRISTMAS EVE CLOSED 1pm	Winter Break Camp 3:30-4:45pm			
1:30 PM	Adult Drop-In Pickleball 1:15-3:15pm						
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM	Winter Break Camp 3:30-4:45pm	Winter Break Camp 3:30-4:45pm					
4:00 PM							
4:30 PM							
5:00 PM	Open Gym 4:45-7pm	Open Gym 4:45-5:30pm	 CHRISTMAS EVE CLOSED 1pm			CLOSED 5pm	CLOSED 5pm
5:30 PM		Spinning 5:30-6:15pm			Open Gym 4:45-8pm		
6:00 PM						CLOSED 5pm	CLOSED 5pm
6:30 PM		HIIT 6:30-7:05pm					
7:00 PM	Drop-In Volleyball 7-9pm					CLOSED 5pm	CLOSED 5pm
7:30 PM		Open Gym 7:15-9pm					
8:00 PM						CLOSED 8pm	CLOSED 8pm
9:00 PM							