



WEST GYM SCHEDULE/DECEMBER 29-JANUARY 4

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