



# WEST GYM SCHEDULE

**EFFECTIVE FEBRUARY 2-MARCH 29**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	Open Gym 5am-12pm	Open Gym 5-8am	Open Gym 5-8am	Open Gym 5-8am	Open Gym 5-9:00am	CLOSED	CLOSED
5:30 AM							
6:00 AM							
6:30 AM							
7:00 AM		Step & Sculpt 8-8:45am	Adult Drop-In Pickleball 8-11am	Step & Sculpt 8-8:45am	Open Gym 7-8am	Open Gym 7-8am	
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM		HIIT 9:15-10am	Open Gym 10am-12pm	HIIT 9:15-10am	Step Aerobics 9:15-10am	Adult Drop-In Pickleball 8-11am	
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM		Open Gym 10am-12pm	Open Gym 11am-12pm	Open Gym 10am-12pm		Open Gym 11am-12pm	
11:30 AM							
12:00 PM	Adult Drop-In Futsal 12-1pm	Adult Drop-In Pickleball 12-3:00pm	Adult Drop-In Futsal 12-1pm	Adult Drop-In Futsal 12-1pm	YBL GAMES 8am-5pm	Adult Drop-In Basketball 12-2pm	
12:30 PM							
1:00 PM	Adult Drop-In Pickleball 1:15-3:15pm		Open Gym 1:15-3:15pm <b>Pickleball Clinics 2.18 &amp; 2.25</b>	Adult Drop-In Pickleball 12-3pm		Adult Drop-In Pickleball 1:15-3:15pm	Open Gym 2-5pm
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM	Open Gym 3:15-4:00pm	Open Gym 3:15-5pm	Open Gym 3:15-5pm	Open Gym 3:15-5pm	Open Gym 3:15-8pm	Open Gym 2-5pm	
3:30 PM							
4:00 PM	Youth Sports 4-5pm						
4:30 PM							
5:00 PM	YBL Practices 5-7pm	YBL Practices 5-8pm	YBL Practices 5-7pm	YBL Practices 5-8pm	Open Gym 3:15-8pm	Open Gym 2-5pm	
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM	Adult Volleyball Leagues 7-9pm (ends 3.16)	Open Gym 8-9pm	Half Court Adult Drop-In Volleyball 7-9pm	Open Gym 8-9pm	CLOSED	CLOSED	
7:30 PM							
8:00 PM							
8:30 PM							
8:30 PM	(ends 3.16)	Open Gym 8-9pm	Half Court Adult Drop-In Volleyball 7-9pm	Open Gym 8-9pm	CLOSED	CLOSED	
9:00 PM							