



WEST GYM SCHEDULE

EFFECTIVE MARCH 29-APRIL 19 (Join us for Healthy Kids Day on April 18)

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | |
|----------|--|---|--|---|---|--|--|--|
| 5:00 AM | Open Gym 5am-12pm* *Half Open Gym 10:30am- 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 | | | | | | | | |
| 7:30 AM | | | | | | | | |
| 8:00 AM | | | | | | | | |
| 8:30 AM | | | | | | | | |
| 9:00 AM | | | | | | | | |
| 9:30 AM | | | | | | | | |
| 10:00 AM | Step & Sculpt 8-8:45am | HIIT 9:15-10am | Adult Drop-In Pickleball 8-11am | Step & Sculpt 8-8:45am | HIIT 9:15-10am | Step Aerobics 9:15-10am | Adult Drop-In Pickleball 8-11am (starts 4.4) | Adult Drop-In Pickleball 8-11am |
| 10:30 AM | | | | | | | | |
| 11:00 AM | | | | | | | | |
| 11:30 AM | Open Gym 10am-12pm | Open Gym 11am-12pm | Open Gym 11am-12pm | Mini Jungle Gym 10:30am-12pm | Mini Jungle Gym 10:30am-12pm | Open Gym 11am-12pm | Open Gym 11am-12pm | |
| 12:00 PM | | | | | | | | |
| 12:30 PM | Adult Drop-In Futsal 12-1pm | Adult Drop-In Pickleball 12-3:00pm | Adult Drop-In Futsal 12-1pm | Adult Drop-In Pickleball 12:30-3pm | Adult Drop-In Futsal 12-1pm | Adult Drop-In Basketball 12-2pm | Adult Drop-In Basketball 12-2pm | |
| 1:00 PM | | | | | | | | |
| 1:30 PM | Adult Drop-In Pickleball 1:15-3:15pm | Open Gym 1:15-3:15pm | Open Gym 1:15-3:15pm | Adult Drop-In Pickleball 1:15-3:15pm | Adult Drop-In Pickleball 1:15-3:15pm | Open Gym 11am-5pm | Open Gym 11am-5pm | |
| 2:00 PM | | | | | | | | |
| 2:30 PM | Open Gym 3:15-6:00pm | Open Gym 3:15-5:30pm | Open Gym 3:15-7pm | Open Gym 3:15-5:30pm | Open Gym 3:15-8pm | Open Gym 11am-5pm | Open Gym 2-5pm | |
| 3:00 PM | | | | | | | | |
| 3:30 PM | | | | | | | | |
| 4:00 PM | | | | | | | | |
| 4:30 PM | | | | | | | | |
| 5:00 PM | | | | | | | | |
| 5:30 PM | Adult Pickleball 5:30-7pm | Adult Pickleball 5:30-7pm | Adult Pickleball 5:30-7pm | Adult Pickleball 5:30-7pm | Open Gym 3:15-8pm | Open Gym 11am-5pm | Open Gym 2-5pm | |
| 6:00 PM | | | | | | | | |
| 6:30 PM | Adult Volleyball Leagues 6-9pm (starts 4.13) | Open Gym 7:15-9pm | Adult Drop-In Volleyball 7-9pm | Adult Drop-In Basketball 7:15-9pm | Adult Drop-In Basketball 7:15-9pm | Open Gym 3:15-8pm | Open Gym 2-5pm | |
| 7:00 PM | | | | | | | | |
| 7:30 PM | | | | | | | | |
| 8:00 PM | | | | | | | | |
| 8:30 PM | | | | | | | | |
| 9:00 PM | | | | | | | | |
| | | | | | | CLOSED | CLOSED | |