



# 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		Step & Sculpt 8-8:45am	Adult Drop-In Pickleball 8-11am	Step & Sculpt 8-8:45am		Open Gym 7-8am	Open Gym 7-8am
7:00 AM							
7:30 AM		HIIT 9:15-10am	Adult Drop-In Pickleball 8-11am	HIIT 9:15-10am	Step Aerobics 9:15-10am	Adult Drop-In Pickleball 8-11am (starts 4.4)	Adult Drop-In Pickleball 8-11am
8:00 AM							
8:30 AM		Open Gym 10am-12pm	Open Gym 10am-12pm	Open Gym 11am-12pm	Half Open Gym 10-12pm	Open Gym 11am-12pm	Open Gym 11am-12pm
9:00 AM							
9:30 AM							
10:00 AM	Mini Jungle Gym 10:30am-12pm	Open Gym 10am-12pm	Open Gym 11am-12pm	Mini Jungle Gym 10:30am-12pm	Open Gym 11am-12pm	Open Gym 11am-12pm	
10:30 AM							
11:00 AM							
11:30 AM	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	Open Gym 11am-5pm	Adult Drop-In Basketball 12-2pm
12:00 PM							
12:30 PM							
1:00 PM	Adult Drop-In Pickleball 1:15-3:15pm	Adult Drop-In Pickleball 12-3:00pm	Open Gym 1:15-3:15pm	Adult Drop-In Pickleball 12:30-3pm	Adult Drop-In Pickleball 1:15-3:15pm	Open Gym 11am-5pm	Open Gym 2-5pm
1:30 PM							
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		Adult Pickleball Class/Program 5:30-7pm	Open Gym 3:15-7pm	Adult Pickleball Class/Program 5:30-7pm	Open Gym 3:15-8pm	Open Gym 11am-5pm	Open Gym 2-5pm
4:00 PM							
4:30 PM							
5:00 PM	Adult Volleyball Leagues 6-9pm (starts 4.13)	Adult Pickleball Class/Program 5:30-7pm	Open Gym 3:15-7pm	Adult Pickleball Class/Program 5:30-7pm	Open Gym 3:15-8pm	Open Gym 11am-5pm	Open Gym 2-5pm
5:30 PM							
6:00 PM		Open Gym 7:15-9pm	Adult Volleyball Leagues 7-9pm (starts 4.15)	Adult Drop-In Basketball 7:15-9pm	Open Gym 3:15-8pm	Open Gym 11am-5pm	Open Gym 2-5pm
6:30 PM							
7:00 PM		Open Gym 7:15-9pm	Adult Volleyball Leagues 7-9pm (starts 4.15)	Adult Drop-In Basketball 7:15-9pm	Open Gym 3:15-8pm	Open Gym 11am-5pm	Open Gym 2-5pm
7:30 PM							
8:00 PM	Open Gym 7:15-9pm	Adult Volleyball Leagues 7-9pm (starts 4.15)	Adult Drop-In Basketball 7:15-9pm	Open Gym 3:15-8pm	Open Gym 11am-5pm	Open Gym 2-5pm	
8:30 PM							
9:00 PM	Open Gym 7:15-9pm	Adult Volleyball Leagues 7-9pm (starts 4.15)	Adult Drop-In Basketball 7:15-9pm	Open Gym 3:15-8pm	Open Gym 11am-5pm	Open Gym 2-5pm	
9:30 PM							
					CLOSED	CLOSED	CLOSED