



WEST GYM SCHEDULE/JANUARY 26-FEBRUARY 2

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM						CLOSED	CLOSED
5:30 AM							
6:00 AM		Open Gym 5-8am		Open Gym 5-8am			
6:30 AM							
7:00 AM					Open Gym 5-9am		
7:30 AM						Open Gym 7-8am	Open Gym 7-8am
8:00 AM	Open Gym 5am-12pm	Step & Sculpt 8:00-8:45am	Open Gym 5am-12pm	Step & Sculpt 8:00-8:45am		Adult Drop-In Pickleball 8-11am LAST DAY: JAN 31 (YBL games begin)	Adult Drop-In Pickleball 8-11am
8:30 AM		HIIT 9:15-10am		HIIT 9:15-10am	Step Aerobics 9:15-10am		
9:00 AM							
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM		Open Gym 10am-12pm		Open Gym 10am-12pm	Open Gym 10am-12pm		
11:30 AM							Open Gym 11am-12pm
12:00 PM	Adult Drop-In Futsal 12-1pm		Adult Drop-In Futsal 12-1pm		Adult Drop-In Futsal 12-1pm		
12:30 PM							Adult Drop-In Basketball 12-2pm
1:00 PM							
1:30 PM		Adult Drop-In Pickleball 1:15-3:15pm		Adult Drop-In Pickleball 12-3:15pm			
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM		Open Gym 3:30-4pm					
4:00 PM							
4:30 PM	Youth Sports 4-5pm	Open Gym 3:30-5pm		Open Gym 3:30-5:30pm			
5:00 PM							
5:30 PM	YBL Practice 5-8pm		YBL Practice 5-8pm		Open Gym 3:15-8pm		
6:00 PM							
6:30 PM		YBL Practice 5-8pm		YBL Practice 5-8pm			
7:00 PM							
7:30 PM	Adult Volleyball Leagues (1/12-3/16) 7-9pm			Adult Drop-In Volleyball 7-9pm (Half Court)		CLOSED 5pm	CLOSED 5pm
8:00 PM					Open Gym 8-9pm		
9:00 PM		Open Gym 8-9pm				CLOSED 8pm	