



WEST GYM SCHEDULE/JANUARY 26-FEBRUARY 2

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