

East Gym Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am-8:30am Pball Practice	6:00-8:30am Pickleball	6:00-10:00am Open Gym	6:00-8:30am Pickleball	6:00-9:40am Open Gym	7:30-8:50am Open Gym
8:30am-10:15am Open Gym	8:30-10:15am Open Gym	10:00-11:30am Let's Play	8:30-11:10am Open Gym	10:00am-12:15pm Fitness Classes	9:00-11:00am Pickleball
10:30-11:30am Let's Play	10:30-11:30am Gym Kidz	11:30am-5:00pm Open Gym	11:30am-2:00pm Fitness Classes	12:30-10:00pm Open Gym	11:00-8:30pm Open Gym
11:45am-3:20pm Open Gym	12:00-2:30pm Fitness Class	5:00-7:30pm TaeKwonDo	2:30-10:00pm Open Gym	** 1st/3rd Fridays ** 6:00-7:30pm TaeKwonDo	Sunday 11:00am-1:00pm Open Gym 1:00-3:00pm Pickleball 3:00-6:30pm Open Gym
3:30-5:00pm Sports Kidz	2:30-3:30pm Open Gym	7:30-10:00pm Open Gym			
5:00-7:30pm TaeKwonDo	3:45-5:30pm Gym Kidz				
7:45-10:00pm Open Gym	5:45-10:00pm Open Gym				

NOTE: Schedule can change without notice. Please allow time between activities.

RULES:

No food or drink allowed in the gym.

Please wear non-marking gym shoes and gym clothing.

No swim suits, bare feet, or flip flops.

Baseballs, lacrosse, and other balls of similar size are not allowed in the gym.

Pickleball practice time is for pickleball machine use.

No full court games when West Gym has a club activity.

* over 65 hours of open gym per week