

East Gym Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am-5:00pm Open Gym	6:00-12:30pm Open Gym	6:00am-5:00pm Open Gym	6:00-12:30pm Open Gym	6:00-9:30am Open Gym	7:30-8:50am Open Gym
5:00-7:30pm TaeKwonDo	12:30-2:30pm Fitness Class	5:00-7:30pm TaeKwonDo	12:30-2:30pm Fitness Class	9:30am-1:00pm Fitness Classes	9:00-11:00am Pickleball
7:30-10:00pm Open Gym	2:30-10:00pm Open Gym	7:30-10:00pm Open Gym	2:30-10:00pm Open Gym	1:00-10:00pm Open Gym	11:00-8:30pm Open Gym
					Sunday
					11:00am-1:00pm Open Gym
					1:00-3:00pm Pickleball
					3:00-6:30pm 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.
- No full court games when West Gym has a club activity.

* over 80 hours of open gym per week