

# East Gym Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am-10:15am Open Gym	6:00-11:30am Open Gym	6:00-10:00am Open Gym	6:00-11:10am Open Gym	6:00-9:40am Open Gym	7:30-8:50am Open Gym
10:30-11:30am Let's Play	10:30-11:30am Gym Kidz	10:00-11:30am Let's Play	11:30am-2:00pm Fitness Classes	10:00am-12:15pm Fitness Classes	9:00-11:00am Pickleball
11:45am-3:20pm Open Gym	12:00-2:30pm Fitness Class	11:30am-5:00pm Open Gym	2:30-10:00pm Open Gym	12:30-10:00pm Open Gym	11:00-8:30pm Open Gym
3:30-5:00pm Sports Kidz	2:30-3:30pm Open Gym	5:00-7:30pm TaeKwonDo			<b>Sunday</b>
5:00-7:30pm TaeKwonDo	3:45-5:30pm Gym Kidz	7:30-10:00pm Open Gym			11:00am-1:00pm Open Gym
7:45-10:00pm Open Gym	5:30-10:00pm 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 65 hours of open gym per week