

East Gym Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am-8:30am Pball Practice	6:00-8:30am Pickleball	6:00-9:45am Open Gym	6:00-8:30am Pickleball	6:00-9:40am Open Gym	8:00-8:50am Open Gym
8:30am-10:15am Open Gym	8:30-9:45am Open Gym	10:00-11:30am Let's Play	8:30am-12:30pm Open Gym	10:00am-12:30pm Fitness Classes	9:00-11:00am Pickleball
10:30-11:30am Let's Play	10:00am-12:30pm Gym Kidz	11:45am-5:00pm Open Gym	10:45am-12:15pm Sports Kidz	12:45-9:00pm Open Gym	* Vball net available* 11:15am-8:30pm Open Gym
11:45am-5:00pm Open Gym	* Vball net available * 12:45-5:30pm Open Gym	5:00-7:30pm TaeKwonDo	* Vball net available * 12:45-5:30pm Open Gym	** extra/makeup ** 6:00-7:30pm TaeKwonDo	Sunday
5:00-7:30pm TaeKwonDo	5:45-9:00pm Open Gym	7:45-9:00pm Open Gym	5:45-9:00pm Open Gym		* Vball net available* 11:00am-12:45pm Open Gym
7:45-9:00pm Open Gym					1:00-3:00pm Pickleball
					* Vball net available* 3:15-6:00pm 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.

Volleyball net available to set up during scheduled times for open play. Not reserved, open to all members.

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

* over 65 hours of open gym per week