

East Gym Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am-8:30am Pball Practice	6:00-8:30am Pickleball	6:00-8:30am Pickleball	6:00-8:30am Pickleball	6:00-8:30am Pickleball	8:00-8:50am Open Gym
8:30am-10:15am Open Gym	* 9:30 Tai chi warmup* 8:30-10:15am Open Gym	8:30-9:45am Open Gym	8:30-11:15am Open Gym	8:30-9:45am Open Gym	9:00-11:00am Pickleball
10:30-11:30am Let's Play	10:30-11:30am Gym Kidz	10:00-11:30am Let's Play	11:30am-12:15pm Fitness Classes	10:00am-12:15pm Fitness Classes	* Vball net available* 11:15-8:00pm Open Gym
11:45am-3:20pm Open Gym	12:00-12:45pm Fitness Class	11:45am-5:00pm Open Gym	* Vball net available * 12:30-5:30pm Open Gym	12:30-9:00pm Open Gym	Sunday
3:30-5:00pm Sports Kidz	1:00-3:30pm Open Gym	5:00-8:30pm TaeKwonDo	5:30-9:00pm Open Gym		* Vball net available* 11:00am-12:45pm Open Gym
5:00-8:30pm TaeKwonDo	3:45-5:15pm Gym Kidz				1:00-3:00pm Pickleball
	5:30-9:00pm Open Gym				3:00-6:00pm 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.

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

* over 50 hours of open gym per week