



OPEN GYMNASIUM SCHEDULE

Schedule starting Nov 02 2025

Stat Holidays: Sept 01, Sept 30, Oct 13, Nov 11 - No Group Fitness Classes, Pool or Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 6:00am-9:00am	Strength 6:15am-7:00am <i>Pre-registration recommended on Mindbody</i>	Open Gym 6:00am-10:15am	Sweat 6:15am-7:00am <i>Pre-registration recommended on Mindbody</i>	Open Gym 6:00am-9:00am	Open Gym 7:00am-8:45am	Open Gym 7:00am-2:00pm
Strength 9:15am-10:15am <i>Pre-registration recommended on Mindbody</i>	Open Gym 7:15am-11:00am		Open Gym 7:15am-11:00am	Sweat 9:15am-10:15am <i>Pre-registration recommended on Mindbody</i>	Multi-Sports 6-12 yrs 9:00am-10:15am	
Gentle Cardio 10:45am-11:30am <i>Pre-registration recommended on Mindbody</i>	Adult Walking 11:00am-11:30am	Gentle Cardio 10:45am-11:30am <i>Pre-registration recommended on Mindbody</i>	Adult Walking 11:00am-11:30am	Gentle Cardio 10:45am-11:30am <i>Pre-registration recommended on Mindbody</i>	Open Gym 10:30am-4:30pm	
Open Gym 11:45am-1:15pm		Adult Basketball 12:00pm-1:15pm	Adult Basketball 12:00pm-1:15pm	Adult Basketball 12:00pm-1:15pm		
Gentle Cardio and Tone 1:30pm - 2:30pm <i>Pre-registration recommended on Mindbody</i>	Open Gym 1:15pm-3:30pm	Open Gym 11:45am-3:30pm	Open Gym 1:15pm - 3:30pm	Gentle Cardio and Tone 1:30pm - 2:30pm <i>Pre-registration recommended on Mindbody</i>		
Open Gym 2:45pm - 3:30pm				Open Gym 2:45pm - 3:30pm		
Youth Sports 3:30pm-4:30pm	Youth Sports 3:30pm-4:30pm	Youth Sports 3:30pm-4:30pm	Youth Sports 3:30pm-4:30pm	Youth Sports 3:30pm-4:30pm		Family Open Gym 2:30pm-4:30pm <i>6+ yrs accompanied by parent/guardian</i>
Open Gym 4:30pm-5:15pm	Open Gym 4:30pm-5:00pm	Open Gym 4:30pm-5:15pm	Open Gym 4:30pm-6:30pm	Open Gym 4:30pm-9:00pm	Youth Sports 12-16yrs old 4:30pm-5:30pm <i>Supervised</i>	Youth Sports 12-16yrs old 4:30pm-5:30pm
	Multi-Sports 6-12 yrs 5:15pm-6:30pm				Strength 5:30pm-6:30pm <i>Pre-registration recommended on Mindbody</i>	
Sweat 5:30pm-6:30pm <i>Pre-registration recommended on Mindbody</i>	Multi-sports 6-12 yrs 6:45pm-8:00pm*	Adult Basketball 6:45pm-8:00pm	Sweat 6:45pm-7:45pm <i>Pre-registration recommended on Mindbody</i>		Open Gym 5:30pm-7:00pm	Open Gym 5:30pm-7:00pm
Adult Basketball 6:45pm-8:00pm	Open Gym 6:45pm-9:00pm	Adult Basketball 6:45pm-8:00pm	Open Gym 8:00pm-9:00pm		Facility Closes at 7pm	Facility Closes at 7pm
Open Gym 8:00pm-9:00pm		Open Gym 8:00pm-9:00pm				
Group fitness classes - Pre-registration recommended on Mindbody, updated cancellations to be posted on Mindbody. * Program is in half gym						

UPDATED Oct 2025