

**Gymnasium Schedule**

 Effective January 5<sup>th</sup>
**Room Guide:**

(F) Full Gymnasium · (W) West Gymnasium (E) East Gymnasium

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Morning – Open to 12:00pm</b>						
<b>Open Gym (F)</b> 6:00am – 9:00am	<b>Strength (F)</b> 6:15am – 7:00am <i>Pre-Registration Recommended on Mindbody</i>	<b>Open Gym (F)</b> 6:00am – 10:15am	<b>Sweat (F)</b> 6:15am – 7:00am <i>Pre-Registration Recommended on Mindbody</i>	<b>Open Gym (F)</b> 6:00am – 9:00am	<b>Open Gym (F)</b> 7:00am – 8:45am	<b>Open Gym (F)</b> 7:00am – 2:00pm
<b>Strength (F)</b> 9:15am – 10:15am <i>Pre-Registration Recommended on Mindbody</i>	<b>Open Gym (F)</b> 7:15am – 11:00am		<b>Open Gym (F)</b> 7:15am – 11:00am	<b>Sweat (F)</b> 9:15am – 10:15am <i>Pre-Registration Recommended on Mindbody</i>	<b>Multi-Sports (6-12 yrs) (F)</b> 9:00am – 10:15am	
<b>Gentle Cardio (F)</b> 10:45am – 11:30am <i>Pre-Registration Recommended on Mindbody</i>		<b>Gentle Cardio (F)</b> 10:45am – 11:30am <i>Pre-Registration Recommended on Mindbody</i>	<b>Adult Walking (F)</b> 11:00am – 11:30am	<b>Gentle Cardio (F)</b> 10:45am – 11:30am <i>Pre-Registration Recommended on Mindbody</i>	<b>Open Gym (F)</b> 10:30am – 2:30pm	
	<b>Adult Walking (F)</b> 11:00am – 11:30am					
<b>Afternoon – 12:00pm to 4:00pm</b>						
<b>Gentle Cardio and Tone (F)</b> 1:30pm – 2:30pm <i>Pre-Registration Recommended on Mindbody</i>	<b>Adult Basketball (F)</b> 12:00pm – 1:15pm	<b>Open Gym (F)</b> 12:00pm – 3:00pm	<b>Adult Basketball (F)</b> 12:00pm – 1:15pm	<b>Adult Basketball (F)</b> 12:00pm – 1:15pm	<b>Family Open Gym (F)</b> 2:30pm – 4:30pm	<b>Family Open Gym (F)</b> 2:30pm – 4:30pm
			<b>Open Gym (F)</b> 1:15pm – 3:30pm	<b>Gentle Cardio and Tone (F)</b> 1:30pm – 2:30pm <i>Pre-Registration Recommended on Mindbody</i>		
<b>Youth Sports (F)</b> 3:30pm – 4:30pm	<b>Youth Sports (F)</b> 3:30pm – 4:30pm	<b>Youth Sports (F)</b> 3:30pm – 4:30pm	<b>Youth Sports (F)</b> 3:30pm – 4:30pm			
<b>Evening – 4:00pm to Close</b>						
<b>Open Gym (F)</b> 4:30pm – 5:15pm	<b>Open Gym (F)</b> 4:30pm – 5:00pm	<b>Open Gym (F)</b> 4:30pm – 5:00pm	<b>Open Gym (F)</b> 4:30pm – 6:30pm	<b>Open Gym (F)</b> 4:30pm – 9:00pm	<b>Youth Sports (F)</b> 4:30pm – 5:30pm <i>*Supervised*</i>	<b>Adult Volleyball (F)</b> 4:30pm – 5:30pm
<b>Sweat (F)</b> 5:30pm – 6:30pm <i>Pre-Registration Recommended on Mindbody</i>	<b>Multi-Sports (6-12 yrs) (F)</b> 5:30pm – 6:30pm	<b>Strength (G)</b> 5:30pm – 6:30pm <i>Pre-Registration Recommended on Mindbody</i>			<b>Youth Volleyball (F)</b> 6:00pm – 7:00pm	<b>Open Gym (F)</b> 5:30pm – 7:00pm
<b>Adult Basketball (F)</b> 6:45pm – 8:00pm	<b>Multi-Sports (6-12 yrs) (F)</b> 6:45pm – 8:00pm	<b>Open Gym (F)</b> 7:00pm – 9:00pm	<b>Sweat (F)</b> 6:45pm – 7:45pm <i>Pre-Registration Recommended on Mindbody</i>			
<b>Open Gym (F)</b> 8:00pm – 9:00pm	<b>Youth Volleyball (F)</b> 8:00pm – 9:00pm		<b>Adult Volleyball (F)</b> 8:00pm – 9:00pm			

