

Gymnasium Schedule

Effective - April 5th

Room Guide:

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

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

8:00pm - 9:00pm	8:00pm - 9:00pm		8:00pm - 9:00pm			
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Updated on March 26 2026