

Gym Schedule

WINTER 2025

Time	Sunday			Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
	Side A (Full Court)	Side B	Side C	Side A (Full Court)	Side B	Side C	Side A (Full Court)	Side B	Side C	Side A (Full Court)	Side B	Side C	Side A (Full Court)	Side B	Side C	Side A (Full Court)	Side B	Side C	Side A (Full Court)	Side B	Side C
5:00 AM																					
5:30 AM																					
6:00 AM																					
6:30 AM				Open Gym 5:00AM - 9:00AM			Open Gym 5:00AM - 9:00AM			Open Gym 5:00AM - 9:00AM			Open Gym 5:00AM - 9:00AM								
7:00 AM					Pickleball			Pickleball			Pickleball			Pickleball						Open Gym 7:00AM-7:45AM	
7:30 AM																					
8:00 AM					1 Court Reserved 1 Court Open			1 Court Reserved 1 Court Open			1 Court Reserved 1 Court Open			1 Court Reserved 1 Court Open							
8:30 AM																					
9:00 AM				High Fitness (Group Ex)	5:00AM-12:00PM		High Fitness (Group Ex)	5:00AM-12:00PM		High Fitness (Group Ex)	5:00AM-12:00PM		High Fitness (Group Ex)	5:00AM-12:00PM							
9:30 AM																					
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2:30 PM	Open Gym 12:00-6:00PM																				
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9:30 PM																					
LEGEND:	Program Area - Registered Program Participants Areas are only open to registered participants of that program.						Open Gym - No Reservation Required			Gym Closed			Group Exercise Class Reserve your spot on the Y App			Pickleball - Reservations on YCLT+ App					

Gym Schedule is subject to change without notice