Gym Schedule

SPRING 2025

		Sunday			Monday		Tuesday				Wednesday			Thursday	Thursday				Saturday		
Time	Side A (Full Court)	Side B	Side C	Side A Side B Side C			Side A Side B Side C		Side C	Side A (Full Court)	Side B Side C		Side A (Full Court)	Side B	Side C	Side A (Full Court)	Friday Side B	Side C	Sido A		Side C
5:00 AM	(Full Court)			(Full Court)			(Full Court)			(Full Court)			(Full Court)			(Full Court)			(Full Court)		
5:30 AM																					
6:00 AM																					
6:30 AM				Open Gym			Open Gym			Open Gym			Open Gym			Open Gym					
7:00 AM				5:00AM -			5:00AM -			5:00AM -			5:00AM -			5:00AM -					
7:30 AM				9:00AM	Pick	leball	9:00AM	Pick	leball	9:00AM	Pick	leball	9:00AM	Pick	leball	9:00AM	Pick	leball			
8:00 AM					1 Court	Reserved		1 Court	Reserved		1 Court	Reserved		1 Court	Reserved		1 Court	Reserved			
8:30 AM						rt Open			rt Open			rt Open			rt Open			rt Open			
9:00 AM				High Fitness			High Fitness			High Fitness	5:00AM-12:00PM		High Eitness	5:00AM-12:00PM		High Fitness	5:00AM-12:00PM				
9:30 AM				(Group Ex)	5:00AM-12:00PM		(Group Ex)	5:00AM-12:00PM		High Fitness (Group Ex)			High Fitness (Group Ex)			High Fitness (Group Ex)					
0:00 AM																					
10:30 AM																					
11:00 AM																					
1:30 AM																				Open Gym	
2:00 PM																			7:	00AM-5:00P	PM
2:30 PM																					
1:00 PM			Open Gym										Open Gym								
1:30 PM			12:00- 3:00PM										10:30AM - 5:00PM								
2:00 PM	Open	Gvm	3:00PM										3:00PM								
2:30 PM	12:00-5																				
3:00 PM				Open Gym			Open Gym			Open Gym						Open Gym					
3:30 PM			Pickleball	10:30AM - 9:00PM			10:30AM - 9:00PM			10:30AM - 9:00PM						10:30AM - 9:00PM					
4:00 PM			3:00- 5:00PM	3.001.11	Open Gym 12:00-	Open Gym 12:00-	3,00,11	Open Gym	Open Gym 12:00-	5.00111	Open Gym	Open Gym 12:00-		Open Gym 12:00-	Open Gym 12:00-		Open Gym	Open Gym 12:00-			
4:30 PM			3.001141		9:00PM	9:00PM		12:00- 9:00PM	9:00PM		12:00- 9:00PM	9:00PM		9:00PM	9:00PM		12:00- 9:00PM	9:00PM			
5:00 PM																					
5:30 PM													Volleyball								
5:00 PM													League								
5:30 PM													5:00-								
7:00 PM													8:00PM								
7:30 PM																					
B:00 PM													Open Gym								
8:30PM													8-9PM								
.EGEND:		epen to reg	istered pa			Open Gym - No Reservation Required					Gym Closed			Group Exercise Class Reserve your spot on the Y App				Pickleball - Reservations o YCLT+ App			
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