

# GYM SCHEDULE



Schedule effective February 1, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Open Gym 5:30-6:00 am	Open Gym 5:30-8:30 am	Open Gym 5:30-6:00 am	Open Gym 5:30-8:00 am	Open Gym 5:30-6:00 am
Pickup Basketball 6:00-7:30 am	Intermediate/ Advanced Pickleball 8:30-10:30 am	Pickup Basketball 6:00-7:30 am	Interval Boxing 8:00-8:45 am	Pickup Basketball 6:00-7:30 am
Open Gym 7:30-9:00 am	*Pickleball Lessons 10:30-11:30 am	Open Gym 7:30-9:00 am	All Level Pickleball 9:00-10:30 am	Open Gym 7:30-9:00 am
*Rock Steady Boxing 9:30 am-12:00 pm	All Level Pickleball 11:30 am-1:00 pm	*Rock Steady Boxing 9:30 am-1:00 pm	Intermediate/ Advanced Pickleball 10:30-12:30 pm	*Rock Steady Boxing 9:30 am-1:00 pm
Open Gym 12:00-1:00 pm	CTC Rental 1:00-2:00 pm	CTC Rental 1:30-2:30 pm	CTC Rental 1:00-2:00 pm	All Level Pickleball 1:15-3:00 pm
CTC Rental 1:00-2:00 pm	Open Gym 2:00-5:00 pm	*Senior Smart Games 2:45-3:45 pm	Open Gym 2:00-8:45 pm	Open Gym 3:00-5:45 pm
Open Gym 2:00-4:00 pm	JIF Jump Rope 5:00-6:00 pm	Open Gym 3:45-8:45 pm		Intermediate/ Advanced Pickleball 5:45-7:45 pm (PM Pickleball Cancelled/Gym Closed 2/6 for Event)
Acro Kids 4:15-4:45 pm	Open Gym 6:00-8:45 pm			
*Jr. Brain Builders 5:00-5:45 pm				
Open Gym 5:45-6:30 pm				
Intermediate/ Advanced Pickleball 6:30-8:45 pm				

## SATURDAY

- Open Gym: 7:30-10:00 am
- \*SMART-HIIT: 9:15-10:00 am
- \*Rock Steady Boxing: 10:00-11:30 am
- Open Gym: 2:00-3:45 pm

## SUNDAY

- Open Gym: 7:30-11:00 am
- All Level Pickleball: 11:00 am-1:00 pm
- Open Gym: 1:00-3:45 pm

11 & under must be accompanied by an adult. Gym space will vary from full gym to half gym depending on the programming.  
Gym time is subject to change. \*Paid Program