

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 Canceled/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		SUNDAY		
Open Gym: 7:30–10:00 am		Open Gym: 7:30–11:00 am		
*SMART-HIIT: 9:15–10:00 am		All Level Pickleball: 11:00 am–1:00 pm		
*Rock Steady Boxing: 10:00–11:30 am		Open Gym: 1:00–3:45 pm		
Open Gym: 2:00–3:45 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

Updated 1/6/2026