

# GYM SCHEDULE



Schedule effective December 6, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Open Gym: 5:30-6:00 am	Open Gym: 5:30-9:30 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	<b>Intermediate/ Advanced Pickleball: 9:30-11:30 am</b>	Pickup Basketball 6:00-7:30 am	Interval Boxing 8:00-9:00 am	Pickup Basketball: 6:00-7:30 am
Open Gym 7:30-11:00 am	<b>All Level Pickleball 11:30 am-2:00 pm</b>	Open Gym 7:30-9:00 am	Open Gym: 9:00-9:30 am	Open Gym: 7:30-9:00 am
Rock Steady Boxing 11:00 am-12:30 pm	Open Gym: 2:00-5:00 pm	Rock Steady Boxing 9:00 am-12:00 pm	<b>Intermediate/ Advanced Pickleball: 9:30-11:30 am</b>	Rock Steady Boxing 9:00 am-12:00 pm
Open Gym 12:30-4:00 pm	JIF 1/2 Gym 5:00-6:00 pm	<b>All Level Pickleball 12:00-2:00 pm</b>	<b>All Level Pickleball 11:30 am-2:00 pm</b>	Pickleball SMARTfit Skills Clinic 12:15-1:00 pm
Acro Kids 4:15-4:45 pm	Jr. Rams Cheer 5:45-8 pm 1/2 gym	Senior SMARTfit Games: 2:30-3:30 pm	Open Gym: 2:00-8:45pm	<b>All Level Pickleball 1:00-3:00 pm</b>
Jr. Brain Builders 5:00-5:45 pm	Open Gym: 6:00-8:45 pm	Open Gym: 3:30-8:45 pm	Open Gym: 3:00-7:45 pm	
Open Gym 4:45-8:45 pm				
Jr. Rams Cheer 1/2 gym 5:45-8 pm 11/18				

## SATURDAY

Open Gym: 7:30-10:30 am  
 SMARfit HIIT 9:15-10:00 am 1/2 Gym  
 Rock Steady Boxing: 10:30-11:30 am  
 Open Gym: 1:00-3:45 pm  
 \*Cheer 1:45-4:00 pm 1/2 gym  
 11/23, 12/7, 12/14, 12/21, 1/11, 1/18, 2/1

## SUNDAY

Open Gym: 7:30-9:30 am  
**All Level Pickleball: 9:30-11:30 am**  
 Open Gym: 11:30 am-3:00 pm  
 Jr. Rams Cheer: 3:00-6:00 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. All SMARTfit classes are paid programs.