

GYM SCHEDULE



Schedule effective September 9, 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	**Emerging Intermediate/Intermediate 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
*Rock Steady Boxing 9:00 am-1:15 pm		Open Gym 7:30-9:00 am	**Emerging Intermediate/Intermediate Pickleball 9:00-11:00 am	Open Gym 7:30-9:00 am
CTC Rental 1/2 Gym 1:15-2:15 pm (If needed)	*Pickleball Lessons 10:30-11:30 am	*Rock Steady Boxing 9:00 am-1:15 pm		*Rock Steady Boxing 9:00 am-1:15 pm
Full Gym 10/19 & 11/9	**Beginner/Casual Player Pickleball 11:30 am-1:00 pm	CTC Rental 1:15-2:15 pm	**Beginner/Casual Player Pickleball 11:00-12:30 pm	**Beginner/Casual Player Pickleball 1:30-3:00 pm
**Emerging Intermediate Pickleball 1/2 Gym 1:15-2:45 pm Canceled 10/19 & 11/9	Open Gym 1:00-5:00 pm	*Senior Smart Games 2:45-3:45 pm	CTC Rental 1:15-2:15 pm	Open Gym 3:00-5:45 pm
*Senior Smart Games 3:00-4:00 pm	JIF Jump Rope 1/2 Gym 5:00-6:00 pm	Open Gym 3:45-6:45 pm	Open Gym 2:15-8:45 pm	**Emerging Intermediate Pickleball 5:45-7:45 pm
Acro Kids 4:15-4:45 pm	1/2 Open Gym 5:00-8:45 pm	**Intermediate Pickleball 1/2 Gym 6:45-8:45 pm		
Kids Bop 4:45-5:15 pm		1/2 Open Gym 6:45-8:45 pm		
*Jr. Brain Builders 5:00-5:45 pm	Jr. Rams Cheer 1/2 Gym 5:45-8:45 pm			
Open Gym 5:45-6:30 pm				
**Emerging Intermediate/Intermediate Pickleball 6:30-8:45 pm				
Jr. Rams Additional Cheer Times. Will use 1/2 gym. Subject to Change. Mondays: 11/16 & 11/23 5:45-8:45 pm Tuesdays: 11/17 & 1/5 5:45-8:45 pm Wednesdays: 11/4, 11/11, 11/18, 12/2, 12/9, 12/16, 1/6, 1/13, 1/20 & 1/27 5:45-8:45 pm Thursdays: 11/19 5:45-8:45 pm				
SATURDAY	SUNDAY			
Open Gym: 7:30-8:30 am	Open Gym: 7:30-10:00 am			
**Emerging Intermediate Pickleball: 8:30-10:00 am	**Emerging Intermediate/Intermediate Pickleball: 10 am-11:30 am			
*Rock Steady Boxing: 10:00-11:30 am	**Beginner/Casual Player Pickleball: 11:30 am-1:00 pm			
*Birthday Parties: 11:30 am-2:00 pm	Open Gym: 1:00-1:30 pm			
Open Gym: 2:00-3:45 pm	Jr. Rams Cheer 1/2 Gym: 1:30-3:45 pm			
	1/2 Open Gym: 1:30-3:45 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 **Annual Fee-Weekly Reservation Required to Play

Updated 8/19/2026