

# GYM SCHEDULE



Schedule effective June 23, 2025

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	<b>All Level Pickleball 8:30–10:30 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>Intermediate/ Advanced Pickleball 10:30am–12:30pm</b>	Open Gym 7:30–9:00 am	<b>All Level Pickleball 9:00–10:30 am</b>	Open Gym 7:30–9:00 am
Rock Steady Boxing 11:00 am–12:30 pm		Rock Steady Boxing 9:00 am–12:00 pm	<b>Intermediate/ Advanced Pickleball 10:30am–12:30pm</b>	Rock Steady Boxing 9:00 am–12:00 pm
Open Gym 12:30–8:45 pm	Open Gym 12:30–8:45 pm	Open Gym 12:00–2:30 pm		Open Gym 12:00–7:45 pm
Jr. Brain Builders 5:00–5:45 pm 1/2 gym		Senior SMARTfit Games 2:30–3:30 pm	Open Gym 12:30–8:45pm	
		Open Gym 3:30–8:45 pm		
SATURDAY		SUNDAY		
Open Gym 7:30–10:00 am		Open Gym 7:30–9:00 am		
SMARTfit HIIT 9:15–10:00 am 1/2 Gym		<b>All Level Pickleball 9:00–11:00 am</b>		
Rock Steady Boxing 10:00–11:30 am		Open Gym 11:00 am–3:45 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. All SMARTfit classes are paid programs. Schedule revised 5/29/2025