

GYM SCHEDULE



Schedule effective March 2, 2025

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	Intermediate/ Advanced Pickleball: 9:30–11:30 am	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		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	All Level Pickleball 11:30 am–2:00 pm	Rock Steady Boxing 9:00 am–12:00 pm	Intermediate/ Advanced Pickleball: 9:30–11:30 am	Rock Steady Boxing 9:00 am–12:00 pm
Open Gym 12:30–4:00 pm	Open Gym: 2:00–5:00 pm	All Level Pickleball 12:00–2:00 pm		Pickleball SMARTfit Skills Clinic 12:15–1:00 pm
Acro Kids 4:15–4:45 pm	JIF 1/2 Gym 5:00–6:00 pm	Senior SMARTfit Games: 2:30–3:30 pm	All Level Pickleball 11:30 am–2:00 pm	
Jr. Brain Builders 5:00–5:45 pm	Jr. Rams Cheer 5:45–8 pm	Open Gym: 3:30–8:45 pm	Open Gym: 2:00–8:45 pm	All Level Pickleball 1:00–3:00 pm
Open Gym 4:45–8:45 pm	1/2 gym			Open Gym: 3:00–7:45 pm
	Open Gym: 6:00–8:45 pm			
SATURDAY	SUNDAY			
Open Gym: 7:30–10:30 am	Open Gym: 7:30–9:00 am			
SMARTfit HIIT 9:15–10:00 am 1/2 Gym	All Level Pickleball: 9:00–11:00 am			
Rock Steady Boxing: 10:30–11:30 am	Open Gym: 11:00 am–3:45 pm			
Open Gym: 1:00–3:45 pm	SMARTfit Soccer Clinic: 11:45 am–1:30 pm 1/2 Gym			
	Jr. Rams Cheer: 3:00–6:00 pm 1/2 gym			

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 2/20/25