

# GYM SCHEDULE



Schedule effective May 20, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Open Gym 5:30–6:00 am	Open Gym 5:30–9:00 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 9:00–11:00 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 12:00–2:00 pm</b>	Open Gym 7:30–9:00 am	<b>Intermediate/ Advanced Pickleball: 9:00–11:00 am</b>	Open Gym 7:30–9:00 am
Rock Steady Boxing 11:00 am–12:30 pm	Open Gym 2:00–8:45 pm	Rock Steady Boxing 9:00 am–12:00 pm	<b>All Level Pickleball 12:00–2:00 pm</b>	Rock Steady Boxing 9:00 am–12:00 pm
Open Gym 12:30–8:45 pm		<b>All Level Pickleball 12:30–2:30 pm</b>	Open Gym 2:00–8:45 pm	Pickleball SMARTfit Skills Clinic 12:15–1:00 pm
Jr. Brain Builders 5:00–5:45 pm 1/2 gym		Senior SMARTfit Games 2:30–3:30 pm		<b>All Level Pickleball 1:00–3:00 pm</b>
		Open Gym 3:30–8:45 pm		Open Gym: 3:00–7:45 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		SMARTfit Sport Clinics 11:45 am–1:30 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 5/15/2025