

GYM SCHEDULE



Schedule effective May 23, 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	Intermediate/ Advanced 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
Open Gym 7:30-9:00 am	*Pickleball Lessons 10:30-11:30 am	Open Gym 7:30-9:00 am	All Level Pickleball 9:00-10:30 am	Open Gym 7:30-9:00 am
*Rock Steady Boxing 9:30 am-12:00 pm	All Level Pickleball 11:30 am-1:00 pm	*Rock Steady Boxing 9:30 am-1:00 pm	Intermediate/ Advanced Pickleball 10:30-12:30 pm	*Rock Steady Boxing 9:30 am-1:00 pm
Open Gym 12:00-1:00 pm	CTC Rental 1:00-2:00 pm	CTC Rental 1:30-2:30 pm	CTC Rental 1:00-2:00 pm	All Level Pickleball 1:15-3:00 pm
CTC Rental 1:00-2:00 pm	Open Gym 2:00-8:45 pm	*Senior Smart Games 2:45-3:45 pm	Open Gym 2:00-8:45 pm	Open Gym 3:00-5:45 pm
Open Gym 2:00-5:00 pm		Open Gym 3:45-5:45 pm		Intermediate/ Advanced Pickleball 5:45-7:45 pm
*Jr. Brain Builders 1/2 Gym 5:00-5:45 pm		Accelerate Your Athlete Speed Lab 5:45-6:45 pm		
Open Gym 1/2 Gym 5:00-5:45 pm		Open Gym 6:45-8:45 pm		
Open Gym 5:45-6:30 pm				
Intermediate/ Advanced Pickleball 6:30-8:45 pm				
	SATURDAY		SUNDAY	
	Open Gym: 7:30-10:00 am		Open Gym: 7:30-11:00 am	
	*SMART-HIIT 1/2 Gym: 9:15-10:00 am		All Level Pickleball: 11:00 am-1:00 pm	
	Open Gym: 9:15-10:00 am		Open Gym: 1:00-3:45 pm	
	*Rock Steady Boxing: 10:00-11:30 am			
	Birthday Parties: 11:30 am-2:00 pm			
	Open Gym: 2:00-3:45 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. *Paid Program

Updated 5/22/2026