

# GYM SCHEDULE



Schedule effective June 22, 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 8:45–10:45 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	Beginner/Emerging Intermediate Pickleball 10:45 am–12:45 pm	Open Gym 7:30–9:00 am	Intermediate/ Advanced Pickleball 8:45–10:45 am	Open Gym 7:30–9:00 am
*Rock Steady Boxing 9:30 am–12:00 pm	*Summer Camp 1:00–3:00 pm	*Rock Steady Boxing 9:30 am–1:00 pm	Beginner/Emerging Intermediate Pickleball 10:45 am–12:45 pm	*Rock Steady Boxing 9:30 am–1:00 pm
*Summer Camp 1:00–3:00 pm	*Senior Smart Games 3:15–4:15 pm	*Summer Camp 1:00–3:00 pm	*Summer Camp 1:00–3:00 pm	*Summer Camp 1:00–3:00 pm
Open Gym 3:00–5:00 pm	Open Gym 4:15–8:45 pm	Beginner/Emerging Intermediate Pickleball 3:00–5:00 pm	Open Gym 3:00–8:45 pm	Open Gym 3:00–5:00 pm
*Jr. Brain Builders 1/2 gym Ends 6/29 5:00–5:45 pm		Open Gym 5:00–5:45 pm		Intermediate/ Advanced Pickleball 5:00–7:45 pm
Open Gym 1/2 gym 5:00–5:45 pm		*Accelerate Your Athlete Speed Lab 5:45–6:45 pm		
Intermediate/ Advanced Pickleball 6:00–8:45 pm		Open Gym 6:45–8:45 pm		
<b>SATURDAY</b>		<b>SUNDAY</b>		
Open Gym: 7:30–10:00 am		Open Gym: 7:30–11:00 am		
*Rock Steady Boxing: 10:00–11:30 am		Beginner/Emerging Intermediate Pickleball: 11 am–1 pm		
*Birthday Parties: 11:30 am–2:00 pm		Open Gym: 1:00–3:45 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 5/28/2026