

GYM SCHEDULE



Schedule effective January 2, 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 2:00-5:00 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 2:00-4:00 pm | JIF Jump Rope 5:00-6:00 pm | Open Gym 3:45-8:45 pm | | Intermediate/ Advanced Pickleball 5:45-7:45 pm (PM Pickleball Canceled/Gym Closed (1/2, 1/9, 1/23, 1/30 & 2/6 for Event) |
| Acro Kids 4:15-4:45 pm | Jr. Rams Cheer 6:00-8:45 pm | | | |
| *Jr. Brain Builders 5:00-5:45 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: 9:15-10:00 am | | All Level Pickleball: 11:00 am-1:00 pm | |
| | *Rock Steady Boxing: 10:00-11:30 am | | Open Gym: 1:00-1:30 pm | |
| | Open Gym: 2:00-3:45 pm | | Jr. Rams Cheer: 1:30-3:45 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 1/2/2026