



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:00AM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		5:00AM
5:30AM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		5:30AM
6:00AM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		6:00AM
6:30AM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		6:30AM
7:00AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	7:00AM
7:30AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	7:30AM
8:00AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	8:00AM
8:30AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	8:30AM
9:00AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	9:00AM
9:30AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	9:30AM
10:00AM	Full Court Bball	Preschool Gym	Preschool Gym	Open Gym	Preschool Gym	Preschool Gym	Open Gym	10:00AM
10:30AM				Open Gym			Open Gym	Open Gym
11:00AM	Open Gym	Preschool Gym	Preschool Gym	Open Gym	Preschool Gym	Preschool Gym	Open Gym	11:00AM
11:30AM	Open Gym			Open Gym			Open Gym	Open Gym
12:00PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	12:00PM
12:30PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	12:30PM
1:00PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	1:00PM
1:30PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	1:30PM
2:00PM	Open Gym	Preschool Gym	Preschool Gym	Open Gym	Preschool Gym	Open Gym	Open Gym	2:00PM
2:30PM	Open Gym			Open Gym		Open Gym	Open Gym	Open Gym
3:00PM	Open Gym	Preschool Gym	Preschool Gym	Open Gym	Preschool Gym	Preschool Gym	Open Gym	3:00PM
3:30PM	Open Gym			Open Gym			Open Gym	Open Gym
4:00PM		Adult Bball (HS-Adult)	Family Bball (13 YO and Under)	Adult Bball (HS-Adult)	Adult Bball (HS-Adult)	Adult Bball (HS-Adult)		4:00PM
4:30PM			Adult Bball (HS-Adult)	Family Bball (13 YO and Under)		Adult Bball (HS-Adult)		Adult Bball (HS-Adult)
5:00PM		Bball Skills Lvl 1	Grit Plyo	Adult Bball (HS-Adult)	TRX Bootcamp	Adult Bball (HS-Adult)		5:00PM
5:30PM				Adult Bball (HS-Adult)		Adult Bball (HS-Adult)		Adult Bball (HS-Adult)
6:00PM		Bball Skills Lvl 2	Zumba	Adult Bball (HS-Adult)	Body Combat	Adult Bball (HS-Adult)		6:00PM
6:30PM				Adult Bball (HS-Adult)		Adult Bball (HS-Adult)		Adult Bball (HS-Adult)
7:00PM		Adult Bball (HS-Adult)	Family Bball	Adult Bball (HS-Adult)	Full Court Bball 7:00-8:45pm	Adult Bball (HS-Adult)		7:00PM
7:30PM				Adult Bball (HS-Adult)		Adult Bball (HS-Adult)		Adult Bball (HS-Adult)
8:00PM		Adult Bball (HS-Adult)	Family Bball	Adult Bball (HS-Adult)	Adult Bball (HS-Adult)	Adult Bball (HS-Adult)		8:00PM
8:30PM				Adult Bball (HS-Adult)		Adult Bball (HS-Adult)		Adult Bball (HS-Adult)

Schedule is subject to change without notice and for special events. Please see the fitness schedule for class times.

Courts 1 and 2 will be closed from 1pm Friday, April 28 through 1pm on Saturday, April 29 for Healthy Kids Day.



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
5:00AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	5:00AM	
5:30AM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		5:30AM	
6:00AM		Open Gym	Open Gym	Bootcamp	Open Gym	Bootcamp		Grit Plyo	6:00AM
6:30AM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		Open Gym	6:30AM
7:00AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	7:00AM	
7:30AM	COMBAT	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Cross Training	7:30AM	
8:00AM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		8:00AM	
8:30AM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		8:30AM	
9:00AM	Circuit Skills & Drills	Open Gym	Open Gym	Open Gym	Open Gym	Heavy Rope & Kettlebell Bootcamp	Bolly X	9:00AM	
9:30AM		Open Gym	Full Body Condit.	Zumba Gold	Open Gym			Open Gym	9:30AM
10:00AM	Full Court Bball	Open Gym	Open Gym	Zumba	Open Gym	Strength Foundat.	Sport Tots	10:00AM	
10:30AM		Open Gym	Open Gym		Open Gym			Open Gym	10:30AM
11:00AM	Open Gym	Open Gym	Open Gym	Zumba	Open Gym	Open Gym	Open Gym	11:00AM	
11:30AM	Open Gym	Open Gym	Open Gym		Open Gym			Open Gym	11:30AM
12:00PM	Open Volleyball 12-3:45pm	Open Gym	Open Gym	Open Gym	Open Gym	Bootcamp	Open Gym	12:00PM	
12:30PM		Open Gym	Open Gym	Open Gym	Pioneer Center			Open Gym	Open Gym
1:00PM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	1:00PM	
1:30PM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	1:30PM
2:00PM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	2:00PM
2:30PM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	2:30PM
3:00PM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	3:00PM
3:30PM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	3:30PM
4:00PM		Open Volleyball 12-3:45pm	Family Bball (13 YO and Under)	Adult Bball (HS-Adult)	Family Bball (13 YO and Under)	Family Bball (13 YO and Under)	Family Bball (13 YO and Under)	Open Gym	4:00PM
4:30PM			Family Bball (13 YO and Under)	Adult Bball (HS-Adult)	Family Bball (13 YO and Under)	Family Bball (13 YO and Under)	Family Bball (13 YO and Under)		4:30PM
5:00PM	Family Bball (13 YO and Under)		Adult Bball (HS-Adult)	Family Bball (13 YO and Under)	Family Bball (13 YO and Under)	Family Bball (13 YO and Under)	5:00PM		
5:30PM	Family Bball (13 YO and Under)		Adult Bball (HS-Adult)	Family Bball (13 YO and Under)	Family Bball (13 YO and Under)	Family Bball (13 YO and Under)	5:30PM		
6:00PM	Family Bball (13 YO and Under)		Adult Bball (HS-Adult)	Family Bball (13 YO and Under)	Family Bball (13 YO and Under)	Family Bball (13 YO and Under)	6:00PM		
6:30PM	Family Bball (13 YO and Under)		Adult Bball (HS-Adult)	Family Bball (13 YO and Under)	Family Bball (13 YO and Under)	Family Bball (13 YO and Under)	6:30PM		
7:00PM	Family Bball (13 YO and Under)		Adult Bball (HS-Adult)	Open Volleyball 7:00-8:45pm	Family Bball (13 YO and Under)	Full Court Bball 7:00-8:45pm	7:00PM		
7:30PM	Family Bball (13 YO and Under)		Adult Bball (HS-Adult)		Family Bball (13 YO and Under)		8:00PM		
8:00PM	Family Bball (13 YO and Under)	Adult Bball (HS-Adult)		Family Bball (13 YO and Under)		8:00PM			
8:30PM						8:30PM			

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