

FALL GYM SCHEDULE

EFFECTIVE 10.1.2026



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM		5:45am - 6:30am Boot Camp		5:45am - 6:30am Boot Camp			
6:00 AM							
7:00 AM	5:00am - 9:00am Pickleball	6:30am - 9:30am Open Court	5:00am - 9:00am Pickleball	6:30am - 9:30am Open Court			
8:00 AM							
9:00 AM	9:30am - 10:15am Low Impact	9:30am - 10:15am Low Impact	9:30am - 10:15am Low Impact	9:30am - 10:15am Low Impact	5:00am - 1:00pm Pickleball	7am - 10:30am Pickleball	
10:00 AM		10:30am - 11:15am AOA - Chair Fitness		10:30am - 11:15am AOA - Chair Fitness			
11:00 AM		11:30am - 12:15pm Chair Yoga		11:30am - 12:15pm Chair Yoga			
12:00 PM	10:30am - 12:45pm Pickleball		10:30am - 12:45pm Pickleball				
1:00 PM		12:30apm - 2:30pm Pickleball		12:30pm - 2:30pm Pickleball / 1 court reserved for beginners			
2:00 PM	1:15pm - 2pm AOA - Chair Fitness		1:15pm - 2pm AOA - Chair Fitness				
3:00 PM	2:00pm - 4pm Open Court	3:00pm - 5pm Open Court	2:00pm - 4pm Open Court	3:00pm - 5pm Open Court		10:30am- 6pm Open Court	
4:00 PM							
5:00 PM					1:00pm - 8pm Open Court		1:00pm - 6:00pm Open Court
6:00 PM	4pm - 9pm Closed for Volleyball Games (Half Court open for open gym)	5pm - 9pm Closed for Volleyball Games (Half Court open for open gym)	4pm - 9pm Closed for Volleyball Games (Half Court open at 5:15pm for open gym)	5pm - 9pm Closed for Volleyball Games			
7:00 PM							
8:00 PM							
9:00 PM							

* Please note schedule is subject to change