

the GYM SCHEDULES

November 2017

BASKETBALL COURT #1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am-6:15am Y-Fit	5:00am-7:30pm Open Gym	5:00am-6:00am Open Gym	5:00am-7:30am Open Gym	5:00am-6:00am Open Gym		
6:15-7:30am Pick-up Basketball		6:00-7:30am Pick-up Basketball		6:00-7:30am Pick-up Basketball		
7:30-12pm Pickleball	7:30-9:30am Pickleball	7:30-9:30am Pickleball Shootout	7:30-9:30am Pickleball	7:30-8:30am Pickleball		
			10:00am-6:00pm Open Gym	8:30-10:30am Pickleball Shootout	7:00am-7:00pm Open Gym	
12:00-10:00pm Open Gym	10:00am-5:30pm Open Gym	10:30am-10:00pm Open Gym		10:30am-12:30pm Pickleball		12:00am-3:00pm Open Gym
			6:15-9:30pm Volleyball	12:00pm-5:00pm Open Gym		
			9:30-10:00pm Open Gym	5:00-9:00pm Family Prime Time Open Gym		

BASKETBALL COURT #2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-6:00am Open Gym	5:00am-4:30am Open Gym	5:00am-6:00am Open Gym	5:00am-9:30am Open Gym	5:00am-6:00am Open Gym		
6:00-7:30am Pick-up Basketball		6:00-7:30am Pick-up Basketball	9:30-10:30am Kettlebell Circuit	6:00-7:30am Pick-up Basketball	7:00-8:00am Open Gym	
9:30-10:00am Cardio Walk & Fit	4:30-5:30 Biddy Volleyball	7:30-9:30am Pickleball Shootout	10:30am-4:45pm Open Gym	8:30am-9:30am Pickleball Shootout	8:30-12:30 Futsal	
10:00am-12:00pm Pickleball	5:45-7:45pm Futsal	10:00-10:45am Zumba Gold	4:45-6:00pm Karate	9:30-10:00am Cardio Walk & Fit		12:00-8:00pm Open Gym
12:00-4:45pm Open Gym		11:00am-10:00pm Open Gym	5:15-6:15pm PeeWee Volleyball	10:30am-5:00pm Open Gym		
4:45-6:00pm Karate	8:00-10:00pm Open Gym	5:30-6:30pm Futsal	6:15-9:30pm Volleyball		12:30-7:00pm Open Gym	
5:00-6:15pm Y Fit Kids		6:30-10:00pm Open Gym		5:00-9:00pm Family Prime Time Open Gym		
6:15-10:00pm Open Gym			9:30-10:00pm Open Gym			

BASKETBALL COURT #3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-10:00pm Gymnastics	9:00-10:00am TRX	5:00am-10:00pm Gymnastics	9:00-10:00am TRX	5:00am-5:00pm Gymnastics		12:00-8:00pm Open Gym
	10:00am-10:00pm Gymnastics		10:00am-10:00pm Gymnastics		7:00-9:00am Open Gym	
					9:00-10:00am Zumba	
					10:30-11:15am Zumba Gold	
	7:15-8:15pm Acro-Obstacle Camp		7:15-8:15pm Acro-Obstacle Camp	5:00-9:00pm Family Prime Time Open Gym	11:30am-7:00pm Open Gym	