

**CYCLE** 6:30-7:30pm

7:45-8:30pm 7:45-8:30pm

1/2 GYM

1/2 OPEN

**PICKLEBALL** 

GYM

**OPEN** 

1/2 GYM

## **Gymnasium Schedule**

**FALL 2025** 

FOR SOCIAL RESPONSIBILITY												
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
6:00-7:30am  OPEN ½ GYM	6:00-7:30am  '2 OPEN PICKLEBALL	6:00-7:30am  OPEN ½ GYM	6:00-7:30am  '2 OPEN PICKLEBALL	6:00-7:30am <b>OPEN</b> ½ <b>GYM</b>	6:00-7:30am '/2 OPEN PICKLEBALL	6:00-7:30am OPEN '/2 GYM	6:00-7:30am '/2 OPEN PICKLEBALL	6:00-7:30am <b>OPEN ½ GYM</b>	6:00-7:30am  1/2 OPEN PICKLEBALL	7:15-9:45am <b>OPEN GYM</b> 10:00- 10:00-		CLOSED
8:00-9:00am H.I.I.T. (High Intensity Interval Training)		8:00-9:00am <b>CYCLE</b> 9:15-10:00am <b>WEIGHT TRAINING</b>		8:00-9:00am  STRENGTH AND  CONDITIONING		8:00-9:00am <b>CYCLE</b>		8:00-9:00am <b>CYCLE</b>		11:30am OPEN ½ GYM	11:30am '½ OPEN PICKLEBALL	
9:15-10 <b>OPEN</b>	):00am <b>GYM</b>	10:00-	10:15-11:15am <b>½ OPEN</b>	9:15-10:00am <b>OPEN GYM</b>		9:00-10:00am <b>OPEN GYM</b>		9:15-10:00am WEIGHT TRAINING		11:30-		<u>Building Hours</u>
10:00- 12:00PM <b>CHILD</b>	10:00- 10:45AM <b>ACTIVE</b> <b>STRETCH</b>	12:00PM CHILD CARE 1/2 GYM	PICKLEBALL  11:15-12:00pm OPEN 1/2 GYM	10:00- 12:00PM <b>CHILD</b>	10:00- 10:45AM <b>ACTIVE</b> <b>STRETCH</b>	10:00- 12:00PM <b>CHILD</b> <b>CARE</b>	10:15-11:15am ½ OPEN PICKLEBALL 11:15-12:00pm	10:00- 12:00PM <b>CHILD</b>	10:15-10:45AM SENIOR STRENGTH TRAIN		opm N GYM	<u>Monday</u> : 6:00am-9:00pm <u>Tuesday:</u> 6:00am-9:00pm
CARE ½ GYM	11:00-12:00pm <b>OPEN</b> ½ <b>GYM</b>		12:00-3:00pm <b>OPEN</b>		CARE 11:00-12:00pm OPEN	½ GYM	OPEN 1/2 GYM	CARE ½ GYM	11:00-12:00pm <b>OPEN</b>			<u>Wednesday:</u> 6:00am-9:00pm
12:00–3:00pm <b>OPEN GYM</b> 3:00–5:15pm 3:00–5:15pm			3:00-4:30pm OPEN ½ GYM	<b>OPE</b> 3:00-5:15pn	)-3:00pm : <b>N GYM</b> 1 3:00-4:30pm		-3:00pm <b>N GYM</b> 3:00-	<b>½ GYM</b> 12:00−3:00pm <b>OPEN GYM</b>				Thursday: 6:00am-9:00pm Friday:
CHILD CARE ½ GYM	OPEN ½ GYM	5:15-6:15pm '½ GYM OPEN	½ GYM CLOSED FOR	CHILD CARE '/2 GYM 5:15-6:00pm	OPEN ½ GYM  4:30-6:15pm ½ GYM	CHILD CARE ½ GYM	6:30pm <b>OPEN</b>	3:00-5:00pm CHILD CARE '/2 GYM	3:00- 6:00pm			6:00am-6:30pm <u>Saturday</u> : 7:00am-2:00pm
tone 5:45-6:30pm	5:45 - 7:45pm	Lesmills BODYCOMBA 6:15-7:00pr		½ gym open LesMILLS GRIT	<b>CLOSED FOR DANCE</b> 6:15 - 7:00pm	6:30pm	½ GYM	CYCLE 5:15-6:15pm 1/2 GYM	OPEN ½ GYM			<u>Sunday</u> : Closed
CYCLE	OPEN 1/2	6:15-7:00pm 1/2 GYM		6:15-6:45pm		6:30pm-8:30pm		During CHILDCARE hours HALF of the gym will				

**OPEN** 

**GYM** 

7:00-8:00pm

½ OPEN

**PICKLEBALL** 

8:00-8:30pm

**OPEN GYM** 

**OPEN** 

½ GYM

7:00-8:45PM

**OPEN GYM** 

During CHILDCARE hours HALF of the gym will be OPEN GYM

Schedule is subject to change. In the event of inclement weather, space will be used for **Summer Camp/Child Care**