

# Gymnasium Schedule

FALL 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div>6:00-7:30am</div> <div>OPEN ½ GYM</div> <div>6:00-7:30am</div> <div>½ OPEN PICKLEBALL</div> <div>8:00-9:00am</div> <div>H.I.I.T. (High Intensity Interval Training)</div> <div>9:15-10:00am</div> <div>OPEN GYM</div> <div>10:00-12:00PM</div> <div>CHILD CARE ½ GYM</div> <div>10:00-10:45AM</div> <div>ACTIVE STRETCH</div> <div>11:00-12:00pm</div> <div>OPEN ½ GYM</div> <div>12:00-3:00pm</div> <div>OPEN GYM</div> <div>3:00-5:15pm</div> <div>CHILD CARE ½ GYM</div> <div>3:00-5:15pm</div> <div>OPEN ½ GYM</div> <div>5:45-6:30pm</div> <div>LES MILLS tone 1/2 GYM</div> <div>6:30-7:30pm</div> <div>CYCLE 1/2 GYM</div> <div>7:45-8:30pm</div> <div>½ OPEN PICKLEBALL</div> <div>7:45-8:30pm</div> <div>OPEN ½ GYM</div>	<div>6:00-7:30am</div> <div>OPEN ½ GYM</div> <div>6:00-7:30am</div> <div>½ OPEN PICKLEBALL</div> <div>8:00-9:00am</div> <div>CYCLE</div> <div>9:15-10:00am</div> <div>WEIGHT TRAINING</div> <div>10:00-12:00PM</div> <div>CHILD CARE ½ GYM</div> <div>10:15-11:15am</div> <div>½ OPEN PICKLEBALL</div> <div>11:15-12:00pm</div> <div>OPEN ½ GYM</div> <div>12:00-3:00pm</div> <div>OPEN</div> <div>3:00-5:15pm</div> <div>CHILD CARE ½ GYM</div> <div>3:00-4:30pm</div> <div>OPEN ½ GYM</div> <div>5:15-6:15pm</div> <div>½ GYM OPEN</div> <div>6:15-7:00pm</div> <div>LES MILLS BODYCOMBAT 1/2 GYM</div> <div>7:00-8:45PM</div> <div>OPEN GYM</div>	<div>6:00-7:30am</div> <div>OPEN ½ GYM</div> <div>6:00-7:30am</div> <div>½ OPEN PICKLEBALL</div> <div>8:00-9:00am</div> <div>STRENGTH AND CONDITIONING</div> <div>9:15-10:00am</div> <div>OPEN GYM</div> <div>10:00-12:00PM</div> <div>CHILD CARE ½ GYM</div> <div>10:00-10:45AM</div> <div>ACTIVE STRETCH</div> <div>11:00-12:00pm</div> <div>OPEN ½ GYM</div> <div>12:00-3:00pm</div> <div>OPEN GYM</div> <div>3:00-5:15pm</div> <div>CHILD CARE ½ GYM</div> <div>3:00-4:30pm</div> <div>OPEN ½ GYM</div> <div>5:15-6:00pm</div> <div>½ gym open</div> <div>6:15-7:00pm</div> <div>LES MILLS GRIT 1/2 GYM</div> <div>7:00-8:00pm</div> <div>½ OPEN PICKLEBALL</div> <div>7:00-8:00pm</div> <div>OPEN ½ GYM</div> <div>8:00-8:30pm</div> <div>OPEN GYM</div>	<div>6:00-7:30am</div> <div>OPEN ½ GYM</div> <div>6:00-7:30am</div> <div>½ OPEN PICKLEBALL</div> <div>8:00-9:00am</div> <div>CYCLE</div> <div>9:00-10:00am</div> <div>OPEN GYM</div> <div>10:00-12:00PM</div> <div>CHILD CARE ½ GYM</div> <div>10:15-11:15am</div> <div>½ OPEN PICKLEBALL</div> <div>11:15-12:00pm</div> <div>OPEN ½ GYM</div> <div>12:00-3:00pm</div> <div>OPEN GYM</div> <div>3:00-5:15pm</div> <div>CHILD CARE ½ GYM</div> <div>5:30-6:30pm</div> <div>WERQ</div> <div>6:30pm-8:30pm</div> <div>OPEN GYM</div>	<div>6:00-7:30am</div> <div>OPEN ½ GYM</div> <div>6:00-7:30am</div> <div>½ OPEN PICKLEBALL</div> <div>8:00-9:00am</div> <div>CYCLE</div> <div>9:15-10:00am</div> <div>WEIGHT TRAINING</div> <div>10:00-12:00PM</div> <div>CHILD CARE ½ GYM</div> <div>10:15-10:45AM</div> <div>SENIOR STRENGTH TRAIN</div> <div>11:00-12:00pm</div> <div>OPEN ½ GYM</div> <div>12:00-3:00pm</div> <div>OPEN GYM</div> <div>3:00-5:00pm</div> <div>CHILD CARE ½ GYM</div> <div>5:30-6:30pm</div> <div>CYCLE 1/2 GYM</div> <div>3:00-6:00pm</div> <div>OPEN ½ GYM</div>	<div>7:15-9:45am</div> <div>OPEN GYM</div> <div>10:00-11:30am</div> <div>OPEN ½ GYM</div> <div>10:00-11:30am</div> <div>½ OPEN PICKLEBALL</div> <div>11:30-1:45pm</div> <div>OPEN GYM</div>	<div>CLOSED</div> <div> <b>Building Hours</b>  <b>Monday:</b>  6:00am-9:00pm  <b>Tuesday:</b>  6:00am-9:00pm  <b>Wednesday:</b>  6:00am-9:00pm  <b>Thursday:</b>  6:00am-9:00pm  <b>Friday:</b>  6:00am-6:30pm  <b>Saturday:</b>  7:00am-2:00pm  <b>Sunday:</b>  Closed </div>

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