

October 2026

GYMNASIUM SCHEDULE



Please note our gymnasium schedule is subject to change.

Monday

Open Gym 6-7:30 (1/2)	Pickleball 6-7:30 (1/2)
Group Circuit Training 8:00 AM-9:15 AM	
Open Gym 9:15 AM-10:00 AM	
AOA Low Impact 10 AM-11 AM	Child Care 10-11
Open Gym 11-12	
Open Gym 12-1	Pickleball 12-1
Open Gym 1-3	
Open Gym 3-4	Child Care 3-4
Open Gym 4 PM-8:30	

Tuesday

Open Gym 6-7:30 (1/2)	Pickleball 6-7:30 (1/2)
Cycle 8:00 AM-9:00 AM	
Strength and Conditioning 9:15 AM-10:00 AM	
Pickleball 10:00-12:00	Open Gym 10-11
Child Care 11-12	
Open Gym 12-3	
Open Gym 3-4:30 PM	Child Care 3-4 PM
Shooting Stars 4:30 PM-6:30 PM	Open Gym 4 PM-6:30 PM
Rental 6:30 PM - 9:00 PM	

Wednesday

Open Gym 6-7:30 (1/2)	Pickleball 6-7:30 (1/2)
Group Circuit Training 8:00 AM-9:15 AM	
Open Gym 9:15 AM-10:00 AM	
AOA Low Impact 10 AM-11 AM	Child Care 10-11
Open Gym 11 AM-3:00 PM	
Child Care 3-4 PM	
Open Gym 3-7	Shooting Stars 4:30 PM-7:00 PM
Open Gym 7:00 PM - 8:30 PM	

Thursday

Open Gym 6-7:30 (1/2)	Pickleball 6-7:30 (1/2)
Cycle 8:00 AM-9:00 AM	
Open Gym 9:00 AM-10:00 AM	
Pickleball 10:00-12:00	Open Gym 10-11
Child Care 11-12	
Open Gym 12-3	
Open Gym 3-4	Child Care 3-4 PM
Open Gym 4 PM-6:30 PM	
Rental 6:30 PM - 9:00 PM	

Friday

Open Gym 6-7:30 (1/2)	Pickleball 6-7:30 (1/2)
Cycle 8:00 AM-9:00 AM	
Strength and Conditioning 9:15 AM-10:00 AM	
AOA Low Impact 10 AM-11 AM	Child Care 10-11
Open Gym 11-12	
Open Gym 12-1	Pickleball 12-1
Open Gym 1-3	
Open Gym 3-4	Child Care 3-4 PM
Open Gym 4-6	

Saturday

Open Gym 7:00 AM-9:00 AM	
Open Gym 9:00 AM-11:30 AM	Pickleball 9:45-11:30
Open Gym 11:30-1:45	

Open Gym

Pickleball

Group Ex

Childcare

SSSOD

Rental