

## GYMNASIUM SCHEDULE

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
5:00 AM		Open Gym 5 - 7 am	Open Gym 5 - 6 am	Open Gym 5 - 7 am	Open Gym 5 - 6 am	Open Gym 5 - 6 am			
6:00 AM			R.I.P.P.E.D 6 - 7 am		Rise and Grind 6 - 7 am	R.I.P.P.E.D 6 - 7 am			
7:00 AM	Flex Open Gym 7 - 3 pm	Flex Open Gym 7 - 8:30 am	Open Gym 7 - 10 am	Open Gym 7 - 10 am	Open Gym 7 - 10 am	Open Gym 7 - 8:30 am	Open Gym 7 - 8 pm		
8:00 AM									
9:00 AM		Body Forge 9 - 10 am							
10:00 AM		Fitness Camp (1/2) Open Gym (1/2) 10 - 11 am	Fitness Camp (1/2) Open Gym (1/2) 10 - 11 am	Fitness Camp (1/2) Open Gym (1/2) 10 - 11 am	Fitness Camp (1/2) Open Gym (1/2) 10 - 11 am	Fitness Camp (1/2) Open Gym (1/2) 10 - 11 am			
11:00 AM					Pickleball (1/2) 11am - 1:30 pm	Open Gym 11 - 12 pm			
12:00 PM		Flex Open Gym 11am - 2 pm	Flex Open Gym 11am - 2 pm	Flex Open Gym 11am - 2 pm		Drop-in Basketball 12 - 2 pm			
1:00 PM					Flex Open Gym 1:30 - 2 pm				
2:00 PM			Fitness Camp 2 - 3 pm	Fitness Camp 2 - 3 pm	Fitness Camp 2 - 3 pm	Fitness Camp 2 - 3 pm		Fitness Camp 2 - 3 pm	
3:00 PM		Open Gym 3 - 8 pm	Open Gym 3 - 6 pm	Open Gym 3 - 7 pm	Open Gym 3 - 7 pm	Open Gym 3 - 7 pm		Open Gym 3 - 9 pm	
4:00 PM									
5:00 PM									
6:00 PM									
7:00 PM			Open Play Volleyball 6 - 9 pm	Flex Open Gym 7 - 9 pm	Flex Open Gym 7 - 9 pm	Flex Open Gym 7 - 9 pm			
8:00 PM									
9:00 PM									

### SCHEDULE DEFINITIONS:

**Flex Open Gym:** A flexible time for open play in the gym. This time allows for all activities on a first-come-first-serve basis, including Pickleball. Pickleball is limited to half court only. Half courts must remain Mixed Play at all times.

**Open Gym:** A time for open play in the gym. To allow maximum use by everyone, no Pickleball or volleyball allowed.

\*Pickleball Instructor Available

### PLANNED SCHEDULE CHANGES:

**July 4th**

**CLOSED**

**July 13th**

Early Closure - 6pm

**July 19th**

**Red Cross Blood Drive**

**July 26th**

Great Fish Challenge Launch Party 3:00pm - 9:00pm

**CLUB SCRUB COMING IN AUGUST**