

Basketball/Volleyball Gym Schedule

*Beginning 1/12/2021

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	Gym #1	Gym #2	Gym #1	Gym #2	Gym #1	Gym #2	Gym #1	Gym #2	Gym #1	Gym #2	Gym #1	Gym #2
5:30 AM												
6:00 AM												
6:30 AM				Tabata		Tabata		Tabata				
7:00 AM												
7:30 AM												
8:00 AM		Body Toning				Body Toning				Body Toning		
8:30 AM												
9:00 AM			Cardio Core	Open Pickleball			Cardio Core	Open Pickleball				
9:30 AM												
10:00 AM												
10:30 AM	Closed for Cleaning		Closed for Cleaning		Closed for Cleaning		Closed for Cleaning		Closed for Cleaning		Youth Basketball Games	
11:00 AM				Open Pickleball				Open Pickleball		Sporties 4 Shorties		
11:30 AM												
12:00 PM												
12:30 PM											Closed for Cleaning	
1:00 PM		Silver Sneakers				Silver Sneakers				Silver Sneakers	Youth Basketball Games	Open Pickleball
1:30 PM												
2:00 PM												
2:30 PM	Closed for Cleaning		Closed for Cleaning		Closed for Cleaning		Closed for Cleaning		Closed for Cleaning			
3:00 PM												
3:30 PM												
4:00 PM												
4:30 PM												
5:00 PM			Youth Basketball Practice				Youth Basketball Practice					
5:30 PM												
6:00 PM						Open Pickleball						
6:30 PM												
7:00 PM												
7:30 PM												
8:00 PM												
8:30 PM												
9:00 PM												

*Limit 1 Member or Family Unit Per Goal**Bring Your Own Ball**No Pick-Up Games Allowed**A Mask is Required To Be Worn At All Times**