

GYM SCHEDULE



Schedule effective November 13, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Open Gym: 5:30-6:00 am	Open Gym: 5:30-8:00 am	Open Gym: 5:30-6:00 am	Open Gym: 5:30-8:00 am	Open Gym: 5:30-6:00 am
Pickup Basketball 6:00-7:30 am	Intermediate/ Advanced Pickleball: 9:30-11:30 am	Pickup Basketball 6:00-7:30 am	Interval Boxing 8:00-9:00 am	Pickup Basketball: 6:00-7:30 am
Open Gym 7:30-11:00 am	All Level Pickleball 11:30 am-2:00 pm	Open Gym 7:30-9:00 am	Open Gym: 9:00-9:30 am	Open Gym: 7:30-9:00 am
Rock Steady Boxing 11:00 am-12:30 pm	Open Gym: 2:00-5:00 pm	Rock Steady Boxing 9:00 am-12:00 pm	Intermediate/ Advanced Pickleball: 9:30-11:30 am	Rock Steady Boxing 9:00 am-12:00 pm
Open Gym 12:30-4:00 pm	JIF 1/2 Gym 5:00-6:00 pm	All Level Pickleball 12:00-2:00 pm	All Level Pickleball 11:30 am-2:00 pm	All Level Pickleball 12:00-2:00 pm
Acro Kids 4:15-4:45 pm	Jr. Rams Cheer 5:45-8 pm 1/2 gym	Open Gym: 2:00-8:45 pm	Open Gym: 2:00-8:45pm	Open Gym: 2:00-7:45 pm
Jr. Brain Builders 5:00-5:45 pm	Open Gym: 6:00-8:45 pm			
Open Gym 4:45-8:45 pm				
Jr. Rams Cheer 1/2 gym 5:45-8 pm 11/11 & 11/18				
SATURDAY		SUNDAY		
Open Gym: 7:30-10:30 am		Open Gym: 7:30-9:30 am		
Rock Steady Boxing: 10:30-11:30 am		All Level Pickleball: 9:30-11:30 am		
Open Gym: 1:00-3:45 pm		Open Gym: 11:30 am-3:00 pm		
*Cheer 1:45-4:00 pm 1/2 gym		Jr. Rams Cheer: 3:00-6:00 pm		
11/9, 11/23, 12/7, 12/14, 12/21, 1/11, 1/18, 2/1				

11 & under must be accompanied by an adult. Gym space will vary from full gym to half gym depending on the programming.
Gym time is subject to change.