

Court Sports / Gym Floor Schedule

Effective February 1st, 2025

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday						
East Gym	West Gym	East Gym	West Gym	East Gym	West Gym	East Gym	West Gym	East Gym	West Gym	East Gym	West Gym	East Gym	West Gym					
Bookable Courts Badminton & Pickleball 5:15am-3:00pm	Open Gym 5:00am-9:15am	Bookable Courts Badminton & Pickleball 5:15am-5:15pm	Open Gym 5:00am-9:15am	Bookable Courts Badminton & Pickleball 5:15am-10:30am	Open Gym 5:00am-9:15am	Bookable Courts Badminton & Pickleball 5:15-2:30am	Open Gym 5:00am-9:15am	Bookable Courts Badminton & Pickleball 5:15am-5:15pm	Open Gym 5:00am-9:15am	Bookable Courts Badminton & Pickleball 10:15am-6:45pm	Open Gym 7:00-7:30pm	Peak Time: Court 1 Badminton only 7:15-10:15am	Open Gym 7:00-9:45pm					
	Stretch Class		Stretch Class		Stretch Class		Stretch Class		Stretch Class					Stretch Class	Stretch Class	Group Training 7:45am - 8:45am	Peak Time: Court 1 Badminton only 7:15-10:15am	Peak Time: Court 2 Pickleball only 7:15-10:15am
	Open Gym 9:30-10:15am		Volleyball 9:30-11:00am		Open Gym 9:30-10:15am		Open Gym 9:30-10:15am		Open Gym 9:30-10:15am					Open Gym 9:30-10:15am	Open Gym 9:30-10:15am			
	Stretch & Strength		10:15am Stretch & Strength (in Yoga Studio)		Stretch & Strength		Stretch & Strength		Stretch & Strength					Stretch & Strength	Stretch & Strength	Pickleball 101 10:30 - 11:15am	Court 2 Pickleball only 7:15-10:15am	Children's Programs 9:45-10:45am Jan 19-Mar 23
	Open Gym 10:30-11:15am		Court 1 & 2 Badminton Only 10:30-11:15am		Open Gym 10:30-11:15am		Open Gym 10:30-11:15am		Open Gym 10:30-11:15am					Open Gym 10:30-11:15am	Open Gym 10:30-11:15am			
	Stretch Class		Open Gym 11:30-1:15pm		Stretch Class		Stretch Class		Stretch Class					Stretch Class	Stretch Class	Group Training 12:00-1:00pm	Bookable Courts Badminton & Pickleball 10:15am-6:45pm	Open Gym 9:00-6:45pm
	Group Training 12:00-1:00pm		Open Gym 11:30-1:15pm		Group Training 12:00-1:00pm		Open Gym 11:30-1:15pm		Open Gym 11:30-1:15pm					Open Gym 11:30-1:15pm	Open Gym 11:30-1:15pm			
	Stretch Class		Open Gym 1:30-2:15pm		Stretch Class		Stretch Class		Stretch Class					Stretch Class	Stretch Class	Open Gym 1:30-2:15pm	Bookable Courts Badminton & Pickleball 10:15am-6:45pm	Open Gym 10:45-6:45pm
	Open Gym 1:30-2:15pm		Open Gym 1:30-2:15pm		Open Gym 1:30-2:15pm		Open Gym 1:30-2:15pm		Open Gym 1:30-2:15pm					Open Gym 1:30-2:15pm	Open Gym 1:30-2:15pm			
	Stretch Class		Open Gym 2:30-5:15pm		Stretch Class		Stretch Class		Stretch Class					Stretch Class	Stretch Class	Open Gym 2:30-5:15pm	Bookable Courts Badminton & Pickleball 10:15am-6:45pm	Open Gym 10:45-6:45pm
Pickleball 101 3:00-3:45pm	Open Gym 2:30-5:15pm	Open Gym 2:30-5:15pm	Open Gym 2:30-5:15pm	Open Gym 2:30-5:15pm	Open Gym 2:30-5:15pm	Open Gym 2:30-5:15pm												
Bookable Courts Badminton & Pickleball 3:45-5:15pm	Open Gym 2:30-5:15pm	Open Gym 2:30-5:15pm	Open Gym 2:30-5:15pm	Open Gym 2:30-5:15pm	Open Gym 2:30-5:15pm	Open Gym 2:30-5:15pm	Open Gym 2:30-5:15pm	Bookable Courts Badminton & Pickleball 10:15am-6:45pm	Open Gym 10:45-6:45pm									
Peak Time: Court 1 & 2 Badminton only 5:15-9:00pm	Peak Time: Court 3 & 4 Pickleball only 5:15-9:00pm	Court 1 Badminton only 5:15-6:45pm Court 2 Pickleball only 5:15-6:45pm	Peak Time: Basketball 5:15-6:15pm	Peak Time: Full Court Basketball 5:15-8:45pm	Peak Time: Basketball 5:15-9:00pm	Group Training 5:30-6:30pm				Peak Time: Court 1 Badminton only 5:15-8:45pm	Children's Programs 5:15-6:15pm Jan 17 - Mar 22	Peak Time: Basketball 6:15-8:45pm						
		Pickleball 101 6:45-7:30pm	Group Training 6:30-7:30pm				6:45pm COURTS CLOSED 7:00pm BUILDING CLOSED	6:45pm COURTS CLOSED 7:00pm BUILDING CLOSED										
		Court 1 Badminton only 7:30-9:00pm Court 2 Pickleball only 7:30-9:00pm	Peak Time: Basketball 7:45-9:00pm															
Bookable Courts Badminton & Pickleball 9:00-10:45pm	Open Gym 9:00-10:45pm	Bookable Courts Badminton & Pickleball 9:00-10:45pm	Open Gym 9:00-10:45pm	Bookable Courts Badminton & Pickleball 9:00-10:45pm	Open Gym 9:00-10:45pm	Bookable Courts Badminton & Pickleball 9:00-10:45pm	Open Gym 9:00-10:45pm	8:45pm COURTS CLOSED 9:00pm BUILDING CLOSED										
10:45pm COURTS CLOSED 11:00pm BUILDING CLOSED	10:45pm COURTS CLOSED 11:00pm BUILDING CLOSED	10:45pm COURTS CLOSED 11:00pm BUILDING CLOSED	10:45pm COURTS CLOSED 11:00pm BUILDING CLOSED	10:45pm COURTS CLOSED 11:00pm BUILDING CLOSED	10:45pm COURTS CLOSED 11:00pm BUILDING CLOSED	10:45pm COURTS CLOSED 11:00pm BUILDING CLOSED												

Open Gym
Bookable Courts (Badminton & Pickleball)
Peak Time: Badminton and Pickleball
Pickleball 101
Stretch Classes
Group Training
Volleyball
Peak Time: Basketball
Children's Programs