

Court Sports / Gym Floor Schedule

Effective July 2nd, 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 - 8:15am | Open Gym 5:00am - 9:15am | Bookable Courts Badminton & Pickleball 5:15am - 8:15am | Open Gym 5:00am - 9:15am | Bookable Courts Badminton & Pickleball 5:15am - 8:15am | Open Gym 5:00am - 9:15am | Bookable Courts Badminton & Pickleball 5:15am - 8:15am | Open Gym 5:00am - 9:15am | Bookable Courts Badminton & Pickleball 5:15am - 8:15am | Open Gym 5:00am - 9:15am | | | | | | | |
| Drop-In Badminton & Pickleball Paddle System 8:15am - 12:00pm | | | | | | | | | | | | | Drop-In Badminton & Pickleball Paddle System 7:15 - 10:15am | Open Gym 7:00am - 7:30am | Drop-In Badminton & Pickleball Paddle System 7:15am - 10:15am | |
| | | Stretch Class | | Drop-In Badminton & Pickleball Paddle System 8:15am - 12:00pm | | Stretch Class | | Drop-In Badminton & Pickleball Paddle System 8:15am - 12:00am | | Stretch Class | Drop-In Badminton & Pickleball Paddle System 8:15am - 12:00pm | Stretch Class | | Open Gym 7:45am - 8:45am | | |
| | | Open Gym 9:30am - 10:15am | | Open Gym 9:30am - 10:15am | | Open Gym 9:30am - 10:15am | | Open Gym 9:30am - 10:15am | | Open Gym 9:30am - 10:15am | Open Gym 9:30am - 10:15am | Open Gym 9:30am - 10:15am | | | | |
| | | Stretch & Strength | | 10:15am Stretch & Strength (in Yoga Studio) | | Stretch & Strength | | Drop-In Paddle System 10:30am - 11:45am | | Stretch & Strength | Pickleball 101 10:30am - 11:15am | | | | | |
| | | Open Gym 10:30am - 11:15am | | Stretch Class | | Stretch Class | | Stretch Class | | Stretch Class | Stretch Class | | | | | |
| Stretch Class | | | | | | | | | | | | | | | | |
| Bookable Courts Badminton & Pickleball 12:00pm - 3:00pm | Group Training 12:00pm - 1:00pm | Bookable Courts Badminton & Pickleball 12:00pm - 5:15pm | Open Gym 11:30pm - 1:15pm | Bookable Courts Badminton & Pickleball 12:00pm - 5:15pm | Group Training 12:00pm - 1:00pm | Bookable Courts Badminton & Pickleball 12:00pm - 5:15pm | Open Gym 11:30am - 1:15pm | Bookable Courts Badminton & Pickleball 12:00pm - 5:15pm | Group Training 12:00am - 1:00pm | Bookable Courts Badminton & Pickleball 10:15am - 6:45pm | Open Gym 9:00am - 6:45pm | Bookable Courts Badminton & Pickleball 10:15am - 6:45pm | Open Gym 7:00am - 6:45pm | | | |
| | Stretch Class | | Stretch Class | | Stretch Class | | Stretch Class | | Stretch Class | | | | | | | |
| | Open Gym 1:30pm - 2:15pm | | Open Gym 1:30pm - 2:15pm | | Open Gym 1:30pm - 2:15pm | | Open Gym 1:30pm - 2:15pm | | Open Gym 1:30pm - 2:15pm | | | | | | | |
| | Stretch Class | | Stretch Class | | Stretch Class | | Stretch Class | | Stretch Class | | | | | | | |
| Pickleball 101 3:00pm - 3:45pm | Open Gym 2:30pm - 5:15pm | | Open Gym 2:30pm - 5:15pm | | Open Gym 2:30pm - 5:15pm | | Open Gym 2:30pm - 5:15pm | | Open Gym 2:30pm - 5:15pm | | | | | | | |
| Bookable Courts Badminton & Pickleball 3:45pm - 5:15pm | | | | | | | | | | | | | | | | |
| Drop-In Badminton & Pickleball Paddle System 5:15pm - 9:00pm | Drop-In Badminton & Pickleball Paddle System 5:15pm - 9:00pm | Drop-in Badminton and Pickleball Paddle System 5:15pm - 6:45pm | Peak Time: Basketball 5:15pm - 6:15pm | Peak Time: Full Court Basketball 5:15pm - 8:45pm | Group Training 6:30pm - 7:30pm | Peak Time: Basketball 5:15pm - 9:00pm | Group Training 5:30pm - 6:30pm | Drop-In Badminton & Pickleball Paddle System 5:15pm - 8:45pm | Peak Time: Basketball 6:15pm - 8:45pm | 6:45pm COURTS CLOSED | | 6:45pm COURTS CLOSED | | | | |
| | | Pickleball 101 6:45pm - 7:30pm | Group Training 6:30pm - 7:30pm | | | | 7:00pm BUILDING CLOSED | | | 7:00pm BUILDING CLOSED | | | | | | |
| | | Drop-in Badminton and Pickleball Paddle System 7:30pm - 9:00pm | Peak Time: Basketball 7:45pm - 9:00pm | | | | | | | | | | | | | |
| | | | | | | | Peak Time: Volleyball 6:45pm - 8:45pm | | | 8:45pm COURTS CLOSED | | 9:00pm BUILDING CLOSED | | | | |
| Bookable Courts Badmiton & Pickleball 9:00pm - 10:45pm | Open Gym 9:00pm - 10:45pm | Bookable Courts Badminton & Pickleball 9:00pm - 10:45pm | Open Gym 9:00pm - 10:45pm | Bookable Courts Badminton & Pickleball 9:00pm - 10:45pm | Open Gym 9:00pm - 10:45pm | Bookable Courts Badminton & Pickleball 9:00pm - 10:45pm | Open Gym 9:00pm - 10:45pm | | | | | | | | | |
| 10:45pm COURTS CLOSED | | 10:45pm COURTS CLOSED | | 10:45pm COURTS CLOSED | | 10:45pm COURTS CLOSED | | | | Open Gym | | | | | | |
| 11:00pm BUILDING CLOSED | | 11:00pm BUILDING CLOSED | | 11:00pm BUILDING CLOSED | | 11:00pm BUILDING CLOSED | | | | Bookable Courts (Badminton & Pickleball) | | | | | | |
| | | | | | | | | | | Drop-In Badminton and Pickleball (Paddle System) | | | | | | |
| | | | | | | | | | | Pickleball 101 | | | | | | |
| | | | | | | | | | | Stretch Classes | | | | | | |
| | | | | | | | | | | Group Training | | | | | | |
| | | | | | | | | | | Volleyball | | | | | | |
| | | | | | | | | | | Peak Time: Basketball | | | | | | |
| | | | | | | | | | | Children's Programs | | | | | | |