

Effective January 5th, 2026

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