



# GYM SCHEDULE

Spring 2025 | April 7-May 31

UPDATED 3/21/25

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY			
	COURT A	COURT B	AUXILIARY	COURT A	COURT B	AUXILIARY	COURT A	COURT B	AUXILIARY	COURT A	COURT B	AUXILIARY	COURT A	COURT B	AUXILIARY	COURT A	COURT B	AUXILIARY	COURT A	COURT B	AUXILIARY	
5:30-6 am																						
6-6:30 am																						
6:30-7 am	OPEN PICKLEBALL	OPEN PICKLEBALL		OPEN PLAY	OPEN PLAY	OPEN PLAY	OPEN PICKLEBALL	OPEN PICKLEBALL	OPEN PLAY	OPEN PLAY	OPEN PLAY		OPEN PICKLEBALL	OPEN PICKLEBALL		Open Play for Members & Guests						
7-7:30 am																Open-Sport Specific/Designated User Groups						
7:30-8 am																Pre-K/Youth Preregistered Programming						
8-8:30 am																Adult Preregistered Programming						
8:30-9 am																						
9-9:30 am	OPEN PLAY	OPEN PLAY	OPEN PLAY	OPEN PICKLEBALL	OPEN PICKLEBALL	LADIES THAT LIFT	OPEN PLAY	OPEN PLAY	CUBS CORNER Toddler Open Gym	OPEN PICKLEBALL	OPEN PICKLEBALL	OPEN PLAY	OPEN PLAY	OPEN PLAY			FAMILY OPEN GYM	OPEN PLAY	OPEN PLAY	OPEN PLAY	FAMILY OPEN GYM	
9:30-10 am																						
10-10:30 am																						
10:30-11 am																						
11-11:30 am																						
11:30 am-Noon																						
12-12:30 pm																						
12:30-1 pm	LUNCH BALL			LUNCH BALL			LUNCH BALL			LUNCH BALL			LUNCH BALL									
1-1:30 pm																						
1:30-2 pm																						
2-2:30 pm																						
2:30-3 pm																						
3-3:30 pm			OPEN PICKLEBALL			OPEN PICKLEBALL			OPEN PICKLEBALL			OPEN PICKLEBALL			OPEN PICKLEBALL							
3:30-4 pm				OPEN PLAY	OPEN PLAY				OPEN PLAY			OPEN PLAY			OPEN PLAY							
4-4:30 pm																						
4:30-5 pm			OPEN PLAY																			
5-5:30 pm																						
5:30-6 pm																						
6-6:30 pm	OPEN PLAY	OPEN PLAY																				
6:30-7 pm			OPEN VOLLEYBALL	EXCEL VOLLEYBALL	EXCEL VOLLEYBALL	OPEN PLAY	OPEN PLAY	OPEN VOLLEYBALL	EMPOWER HOUR (Women/ Girls Only)	OPEN PLAY	30+ BASKETBALL	OPEN PLAY	HIGH SCHOOL OPEN GYM	MIDDLE SCHOOL OPEN GYM	FAMILY/ES GYM							
7-7:30 pm																						
7:30-8 pm																						
8-8:30 pm																						
8:30-9 pm																						
9-9:30 pm			OPEN PLAY																			
9:30-10 pm																						
																PLEASE NOTE: The posted monthly schedule may vary weekly due to programs starting or cancelling mid-month. For the most up-to-date information, please verify the daily gym schedule by calling the front desk at 614-583-5300.						