

Gym Schedule - Effective January 1st, 2026

12/30/2026

Court:	Monday		Tuesday		Wednesday		Thursday		Friday			
	1	2	1	2	1	2	1	2	1	2		
5:00am - 7:00am												
7:00 AM												
7:30 AM	7:30-8:30 am 1/2 Court Basketball		7:30-8:30 am 1/2 Court Basketball		7:30-8:30 am 1/2 Court Basketball		7:30-8:30 am 1/2 Court Basketball		7:30-8:30 am 1/2 Court Basketball			
8:00 AM		8:00-10:00 Kids in Motion		8:30-10:30 Kids in Motion		8:00-10:00 Kids in Motion		8:30-10:30 Kids in Motion		8-10am Kids in Motion		
8:30 AM												
9:00 AM												
9:30 AM					9:30-10am Quick Core							
10:00 AM	10am-12pm Drop-In Pickleball		10-11am Learn Pickelball		10am-12pm Drop-In Pickleball		10-11am Learn Pickelball		10am-12pm Drop-In Pickleball			
10:30 AM												
11:00 AM												
11:30 AM			11am-1pm Drop-In Pickleball				11am-1pm Drop-In Pickleball					
12:00 PM		12- 1 pm DHS			12- 1 pm DHS				12- 1 pm DHS			
12:30 PM												
1:00 PM												
1:30 PM												
2:00 PM												
2:30 PM												
3:00 PM	3:30 - 4:30 pm Drop-In Basketball		3:30 - 4:30 pm Drop-In Basketball		3:30 - 4:00 pm Drop-In Basketball		3:30 - 4:30 pm Drop-In Basketball		3:30 - 4:30 pm Drop-In Basketball			
3:30 PM												
4:00 PM												
4:30 PM					4:15-5 pm Kids Games (3rd-5th Gr)							
5:00 PM		5-6pm Kids in Motion		5-6pm Kids in Motion		5-6pm Kids in Motion		5-6pm Kids in Motion				
5:30 PM												
6:00 PM			6-7:30pm Drop-In Basketball		6-7pm Drop-In Pickleball		6-7:30pm Drop-In Basketball					
6:30 PM												
7:00 PM												
7:30 PM												
8:00 PM												
8:30 PM										Center Closed @ 8 pm		

Court:	Saturday		Sunday			
	1	2	1	2		
7:00am-9:00am						
9:00 AM		9-11am Kids In Motion	9am-11am Drop-In Pickleball			
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM	11:00-1:00 pm Drop-In Full Court Basketball		11:00-12:30 pm Drop In Full Court Basketball			
11:30 AM						
12:00 PM						
12:30 PM			12:30-2:15 pm Family Swim & Gym 2nd & 4th Sunday of the month			
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						

Key:

- Gym available for open use
- Gym reserved: Youth Programming: Registration Required
- Gym reserved: Kids In Motion use * See below
- Speciality Class: Registration Required
- Futsol (Indoor Soccer)
- Drop-in basketball: shooting hoops
- Drop-in basketball: full-court play
- Group Ex Classes
- Drop-in pickleball
- Student programming

Note:

*Kids In Motion reserves the right to use gym time as needed during periods of high volume.
 **Holidays & Spring Break- Open Gym all day.

