

Effective May 31, 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Closed	GROUP EX WOMEN ONLY 5:45 - 7:15	Open Gym 5:30 - 8:30	GROUP EX WOMEN ONLY 5:45 - 7:15	GROUP EX WOMEN ONLY 5:45 - 7:15	GROUP EX WOMEN ONLY 5:45 - 7:15	CLOSED
Open Gym (7:00-7:45)	Open Gym 7:15 - 9:15		Open Gym 7:15 - 8:15	Open Gym 7:15 - 9:15	Open Gym 7:15 - 8:30	
GROUP EX WOMEN ONLY 7:45 - 11:15am		GROUP EX WOMEN ONLY 9:15 - 11:30	GROUP EX WOMEN ONLY 8:30 - 11		GROUP EX WOMEN ONLY 8:15 - 11:00	
	Soccer shots 11:15 - 12:30	Open Gym 11:30 - 6:15	Open Gym 11:00 - 6:00	Open Gym 11:00 - 6:30	Open Gym 10:45 - 6:45	
Open Gym 12:30 - 6:45	GoGirlGo 6 - 6:30					
	CLOSED	GROUP EX WOMEN ONLY 6:15 - 9:15	GROUP EX WOMEN ONLY 6:30 - 9:15pm	GROUP EX WOMEN ONLY 6:30 - 9:15	Open Gym 8:15 - 9:15	
<p>Open gym = first come first serve on the courts for basketball play etc. Must provide own equipment</p> <p>Womens Only Program, no open gym. Consult Group Fitness Schedule for specific class schedule</p>						

Schedule is subject to change based on building hours and program changes without notice.

WE APPRECIATE YOUR COOPERATION AND THANK YOU FOR YOUR MEMBERSHIP LOYALTY TO OUR FACILITY!