



West Gym Schedule

June 7 - August 14

TIME	SUN	MON	TUES	WED	THURS	FRI	SAT			
5 AM		Open Gym 5-7 am								
7:00										
8:00		Family Gym / 7-11 am CDC (1/2 of Gym) / 10-11 am					Family Open 7-9:30 am			
9:00										
10:00							Youth Open 9:30-11:30 am			
11:00		Adult Open 11 am - 2 pm					Adult Open 11:30 am-2:30 pm			
12 PM										
1:00		Youth Open 1-3 pm	Family Gym					Youth Open		
2:00		1-3 pm								
3:00		Family Open 3-5 pm	Family 4-5:30 pm			2-4 pm		Youth Open		
4:00	3-5 pm									
5:00	Youth Open 5:30-7 pm					Family Open		2:30-4 pm		
6:00										
7:00	Adult Open 7-9 pm		Youth Open 7-9 pm		Adult Open 7-9 pm		Family Open 7-9 pm		4-8 pm	
8:00										



Jr. Youth = 7 - 12 years old
 Sr. Youth = 13 - 18 years old
 Adult Open = Adult Membership holder

