

MIDTOWN GYM #1 SCHEDULE

September, 2022

Court 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM							
6:30 AM							
7:00 AM	Pumped 6:30 - 7:30 am	Pickup Basketball 6:00 - 8:00 am	Cycle 45 6:30 - 7:30 am	Pickup Basketball 6:00 - 8:00 am			
7:30 AM							
8:00 AM	Open Gym 7:45 - 8:45 am		Open Gym 7:45 - 9:15 am		Open Gym 6:00 - 11:55 am	Cycle 45 8:00 - 8:45 am	
8:30 AM						Pumped Express 9:00 - 9:45 am	
9:00 AM		Open Gym 8:15 - 11:45 am	Pumped 9:30 - 10:30 am				
9:30 AM	SilverSneakers 9:00 - 11:00 am						
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM				Open Gym 8:15 am - 3:30 pm			Open Gym 7:30 am - 4:30 pm
12:00 PM							
12:30 PM							
1:00 PM	Open Gym 11:30 am - 3:55 pm	Pickleball 12:00 - 3:30 pm	Open Gym 11:00 am - 3:55 pm		Pickleball 12:00 - 3:30 pm	Open Gym 10:00 am - 4:30pm	
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM	ECE School Age 4:00 - 5:00 pm	ECE School Age 4:00 - 5:00 pm	ECE School Age 4:00 - 5:00 pm	ECE School Age 3:30 - 4:30 pm	ECE School Age 4:00 - 5:00 pm		
4:30 PM							
5:00 PM		Open Gym 5:00 - 5:30 pm		Cycle 45 4:45 - 6:00 pm			
5:30 PM							
6:00 PM					Open Gym 5:00 - 7:30 pm		
6:30 PM	Open Gym 5:00 - 8:30 pm	Cycle 45 6:00 - 7:00 pm	Open Gym 5:00 - 8:30 pm	Pickleball 6:15 - 8:30 pm		Gym Closed	
7:00 PM	Gym #1 Closes at 8:30 pm		Gym #1 Closes at 8:20 pm	Gym #1 Closes at 8:30 pm			Gym Closed
7:30 PM		Open Gym 7:30 - 8:30 pm					
8:00 PM		Gym #1 Closes at 8:30 pm			Gym Closed		
8:30 PM							

	Group Fitness class
	Youth Sports
	GXP Class
	ECE School Age
	SFF Program Time
	Team Training class
	Programmed gym time
	Open gym time

The gym schedule is subject to change based on gym rentals and special events. See the back side of the gym schedule for specific gym policies.

eliminating racism
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MIDTOWN GYM #2 SCHEDULE

September, 2022

Court 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM							
6:30 AM							
7:00 AM	Pumped 6:30 - 7:30 am	Pickup Basketball 6:00 - 8:00 am	Cycle 45 6:30 - 7:30 am	Pickup Basketball 6:00 - 8:00 am			
7:30 AM							
8:00 AM	Open Gym 7:45 - 8:45 am		Open Gym 7:45 - 9:15 am		Open Gym 6:00 - 11:55 am	Cycle 45 8:00 - 8:45 am	
8:30 AM						Pumped Express 9:00 - 9:45 am	
9:00 AM							
9:30 AM	SilverSneakers 9:00 - 11:00 am	Open Gym 8:15 - 11:45 am	Pumped 9:30 - 10:30 am				
10:00 AM							
10:30 AM						Badminton 10:15 am - 12:30 pm	
11:00 AM							
11:30 AM							Open Gym 7:30 - 4:30 pm
12:00 PM				Open Gym 8:10 am - 4:30 pm			
12:30 PM							
1:00 PM							
1:30 PM		Pickleball 12:00 - 3:15 pm			Pickleball 12:00 - 3:30 pm		
2:00 PM							
2:30 PM						Open Gym 12:45 - 4:30 pm	
3:00 PM			Open Gym 10:45 am - 8:30 pm				
3:30 PM	Open Gym 11:30 am - 8:30 pm	Open Gym 3:30 - 5:45 pm	Gym #2 closes at 8:30 pm				
4:00 PM	Gym #2 closes at 8:30 pm						
4:30 PM							
5:00 PM							
5:30 PM				Cycle 45 4:45 - 6:00 pm	Open Gym 3:45 - 7:30 pm		
6:00 PM							
6:30 PM		Cycle 45 6:00 - 7:00 pm					
7:00 PM							
7:30 PM				Pickleball 6:15 - 8:30 pm			
8:00 PM		Open Gym 7:30 - 8:30 pm		Gym #2 closes at 8:30 pm			
8:30 PM		Gym #2 closes at 8:30 pm			Gym Closed	Gym Closed	Gym Closed

	Group Fitness class
	Youth Sports
	GXP Class
	ECE School Age
	SFF Program Time
	Team Training class
	Programmed gym time
	Open gym time

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