



East Gym Schedule

Monday	
Time	Activity
5:00-6:30a	Men's Full Court
6:30-10:00a	Member Open Gym
10:00a-11:15	Extreme E's
11:10-2:15p	NVHS
2:15-8:00p	Member Open Gym
8:00p-10:00p	Full Court Allowed

Tuesday	
Time	Activity
5:00a-11:10a	Member Open Gym
10:15a-10:55	Preschool gym and swim
11:10-2:15p	NVHS
2:30-3:00p	Pre-K PM
2:15p-10:00p	Member Open Gym

Wednesday	
Time	Activity
5:00a-6:30a	Men's Full Court
6:30a-9:30a	Member Open Gym
9:30a-10:00	Mighty Kids (2-3yrs)
10:15a-11:00	Mighty Kids (4-6yrs)
11:10-2:15p	NVHS
2:15-8:00p	Member Open Gym
8:00-10:00p	Full Court Allowed

Thursday	
Time	Activity
5:00a-10:00a	Member Open Gym
10:00-10:45a	Supervised Parent/Tot
11:10-2:15p	NVHS
12:15-10:00p	Member Open Gym

Friday	
Time	Activity
5:00a-6:30a	Men's Full Court
6:30a-10:00a	Member Open Gym
11:10-2:15p	NVHS
2:30p-3:00p	Fab 4's
5:30p-8:30p	Family Friday Act.
3:00p-10:00p	Member Open Gym

Saturday	
Time	Activity
5:00a-11:00a	Member Open Gym
11:00a-2:00p	Men's Full Court
2:00p-8:00p	Member Open Gym

Sunday	
Time	Activity
7:00a-10:00am	Member Open Gym
10:00a-1:00p	Men's Full Court
1:00p-7:00p	Open Gym
7:00p-8:00p	Women's Full Court

West Gym Schedule

Monday	
Time	Activity
5:00a-6:30a	Men's Full Court
6:30a-9:30a	Member open Gym
9:30a-10:30a	Power Hour (FH Group)
11:15a-11:45a	Pre-K AM/ Fab 4's AM
12:30p-1:15	Preschool Sports
2:30p-3:00	Pre-K PM/ Fab 4's PM
3:15p-4:00p	Preschool Sports
4:00p-10:00p	Member Open Gym

Tuesday	
Time	Activity
5:00a-9:30a	Member Open Gym
9:30a-10:00a	Little Sports (2-3 yrs)
10:15a-11:00a	Teammates (4-6 yrs)
11:00a-11:30a	Let's Exp.
11:30a-10:00p	Member Open Gym

Wednesday	
Time	Activity
5:00a-6:30a	Men's Full Court
6:30a-9:30a	Member Open Gym
9:30a-10:30a	Power Hour (FH group)
11:15a-11:45	Pre-K AM/ Fab 4's AM
12:30p-1:15	Preschool Sports (3-5 yrs)
2:30p-3:00p	Pre-K PM/ Fab 4's
3:15p-4:00	Preschool Sports
4:00-10:00p	Member Open Gym

Thursday	
Time	Activity
5:00a-9:30a	Member Open Gym
9:30a-10:30a	Power Hour (FH group)
11:00a-11:30	Let's Exp.
11:30a-12:15p	Mini Tigers
2:30p-3:00p	Pre-K PM
3:00p-10:00p	Member Open Gym

Friday	
Time	Activity
5:00a-6:30a	Men's Full Court
6:30a-9:30a	Member Open Gym
9:30a-10:00	Mighty Kids
10:15a-10:55	Preschool Gym & Swim
11:15a-11:45	Pre-K AM/ Fab 4's AM
1:00p-2:00	Homeschool Gym
2:15p-3:15	Homeschool Gym
3:15p-10:00p	Member Open Gym

Saturday	
Time	Activity
7:00a-8:00	Boot Camp
9:30a-10:00	Little Sports (2-3 yrs)
10:15a-11:00	Teammates
12:00p-8:00p	Member Family Open Gym

m

-Gym is in use

Sunday	
Time	Activity
7:00a-8:00p	Member Family Open Gym

****RUNNING CLUB IS IN THE GYM
EVERY FIRST AND THIRD TUESDAY 9:00am-10:45am (seasonal)**