



East Gym Schedule

Monday	
Time	Activity
5:00-6:30a	Men's Full Court
6:30-11:10a	Member Open Gym
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
11:00a-2:15p	NVHS
2:15p-4:30p	Member Open Gym
4:30p-7:00p	Kids Classes
7:00p-10:00p	Member Open Gym

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

Thursday	
Time	Activity
5:00a-11:10a	Member Open Gym
11:10-12:15p	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
10:00a-11:10a	Kids Classes
11:10a-2:15p	NVHS
2:30p-3:00p	Preschool
3:00p-10:00p	Member Open Gym

Saturday	
Time	Activity
5:00a-7:00a	Boot Camp preparation
7:00a-8:00a	Boot Camp
8:00a-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-10:00a	Member open Gym
10:00a-11:15a	Kids Classes
11:00a-11:30a	Preschool
11:30a-2:30p	Member Open Gym
2:30p-3:00	Preschool
3:15p-4:00p	Kids Classes
4:00p-10:00p	Member Open Gym

Tuesday	
Time	Activity
5:00a-9:30a	Member Open Gym
9:30a-11:00a	Kids Classes
11:00a-11:30a	Preschool
11:30a-2:00p	Member Open Gym
2:00p-3:00p	Preschool
3:00-10:00p	Member Open Gym

Wednesday	
Time	Activity
5:00a-6:30a	Men's Full Court
6:30a-9:30a	Member Open Gym
9:30a-10:50a	Kids Classes
11:00a-11:30a	Preschool
11:45a-2:30p	Member Open Gym
2:30p-3:00p	Preschool
3:00-10:00p	Member Open Gym

Thursday	
Time	Activity
5:00a-11:00a	Member Open Gym
11:00a-11:30a	Preschool
11:15-12:15p	Kids Classes
12:15-2:30p	Member Open Gym
2:30p-3:00p	Preschool
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
9:30-10:50	Kids Classes
11:00-11:30p	Preschool
11:15p-12:00p	Kids Classes
12:00a-1:00p	Member Open Gym
1:00p-3:15p	Kids Classes
3:15p-10:00p	Member Open Gym

Saturday	
Time	Activity
5:00a-7:00a	Boot Camp Preparation
7:00a-8:00a	Boot Camp
8:00a-9:30a	Member Open Gym
9:30a-12:00	Kids Classes
12:00p-8:00p	Member Family Open Gym

-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**