

GYM SCHEDULE - 2025 - March 16th- March 30th

K I N G A L E X A N D E R G Y M	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	5:30AM-11:00AM		5:30AM-11:00AM		5:30AM-11:00AM		5:30AM-11:00AM		5:30AM-11:00AM		7:00AM-9:00AM		UPDATED 03/14/2025	
	PICKLEBALL		PICKLEBALL		PICKLEBALL		PICKLEBALL		PICKLEBALL		PICKLEBALL			
	11:00AM-12:00PM		11:00AM-12:00PM		11:00AM-12:00PM		11:00AM-12:00PM		11:00AM-12:00PM		9:00AM-11:00AM			
	OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM					
	12:00PM-2:00 PM		12:00PM-2:00PM		12:00PM-2:00 PM		12:00PM-2:00PM		12:00PM-2:00 PM		OPEN GYM		1:00PM-3:00PM	
	ADULT BASKETBALL MEMBERS ONLY NO GUESTS		Adult Basketball Open Gym		ADULT BASKETBALL MEMBERS ONLY NO GUESTS		Adult Basketball Open Gym		ADULT BASKETBALL MEMBERS ONLY NO GUESTS					
	2:00PM-5:30PM		2:00PM-3:00PM		2:00PM-5:30PM		2:00PM-5:30PM		2:00PM-7:00PM		11:00AM-1:00PM		OPEN GYM	
OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		ALL LEVELS 3:00PM-5:00PM		
5:30PM-7:30PM		3:00PM-5:00PM		OPEN GYM		OPEN GYM		OPEN GYM		ALL LEVELS		OPEN GYM		
PICKLEBALL		Young Life Basketball												
ALL LEVELS		5:00PM-9:00PM		5:30PM-9:00PM		5:00PM-9:00PM		*Y closes at 7:00pm				*Y closes at 5:00pm		
7:30PM-9:00PM		PICKLEBALL		CORPORATE BASKETBALL		OPEN GYM								
OPEN GYM		INTERMEDIATE/ADVANCED LEVELS *Y closes at 9:00pm		*Y closes at 9:00pm		*Y closes at 9:00pm								
*Y closes at 9:00pm														
E D W A R D S G Y M	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	5:30AM-7:00AM		5:30AM-1:00PM		5:30AM-7:00AM		5:30AM-1:00PM		5:30AM-1:00PM		7:00AM-11:00AM			
	OPEN GYM				OPEN GYM									
	7:00AM-8:00AM				7:00AM-8:00AM						PICKLEBALL			
	BOOTCAMP CLASS				BOOTCAMP CLASS									
	8:00AM-1:00PM				8:00AM-12:00PM		OPEN GYM				11:00AM-1:00PM			
	OPEN GYM		OPEN GYM		OPEN GYM				OPEN GYM					
	1:00PM-4:30 PM				OPEN GYM									
	OPEN GYM						1:00PM-3:00PM							
	4:30PM-5:30PM				12:00PM-1:00PM		PICKLEBALL						1:00PM-3:00PM	
	Basketball Rental				HIIT FITNESS CLASS		ALL LEVELS				*Y closes at 1:00pm			
G Y M	5:30PM-6:00PM		1:00PM-3:00PM		1:00PM-3:00PM		3:00PM-4:30PM		1:00PM-3:00PM				PICKLEBALL	
			PICKLEBALL		PICKLEBALL		OPEN GYM		PICKLEBALL					
			ALL LEVELS		ALL LEVELS				ALL LEVELS				ALL LEVELS 3:00PM-5:00PM	
	OPEN GYM		3:00PM-6:00PM		3:00PM-9:00PM		4:30PM-5:15PM		3:00PM-5:30PM					
			OPEN GYM				PE at The Y		OPEN GYM					
							Pre Registration Required		5:30 PM-7:00 PM					
	6:00-8:00PM		6:00PM-8:00PM		OPEN GYM		5:15PM-6:00PM		1 on 1 Basketball in Half of Gym Other Half is Open				OPEN GYM	
							OPEN GYM							
5:15PM-6:00PM						FUTSAL REC		*Y closes at 7:00pm						
8:00PM-9:00PM		8:00PM-9:00PM				8:00PM-9:00PM						*Y closes at 5:00pm		
OPEN GYM		OPEN GYM				OPEN GYM								
*Y closes at 9:00pm		*Y closes at 9:00pm		*Y closes at 9:00pm		*Y closes at 9:00pm								
F I S H E R G Y M	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	5:30AM-7:00AM		5:30AM-7:00AM		5:30AM-7:00AM		5:30AM-7:00AM		5:30AM-7:00AM		7:00AM-8:30AM			
	OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN BASKETBALL			
	7:00AM-9:00AM		7:00AM-9:00AM		7:00AM-9:00AM		7:00AM-9:00AM		7:00AM-9:00AM					
	BEFORE AND AFTER SCHOOL PROGRAM		BEFORE AND AFTER SCHOOL PROGRAM		BEFORE AND AFTER SCHOOL PROGRAM		BEFORE AND AFTER SCHOOL PROGRAM		BEFORE AND AFTER SCHOOL PROGRAM		8:30AM-10:30AM Basketball Clinics			
											Pre registration required			
											10:30AM-11:30PM			
	9:00AM-11:00AM		9:00AM-11:00AM		9:00AM-11:00AM		9:00AM-11:00AM		9:00AM-11:00AM		OPEN GYM			
	PICKLEBALL		PICKLEBALL		PICKLEBALL		PICKLEBALL		PICKLEBALL					
	BEGINNER LEVEL		ALL LEVELS		BEGINNER LEVEL		ALL LEVELS		BEGINNER LEVEL					
	11:00AM-1:00PM		11:00AM-11:00PM		11:00AM-1:00PM		11:00AM-1:00PM		11:00AM-1:00PM		11:30AM-1:00PM		1:00PM-3:00PM	
	OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		1 on 1 Basketball in Half of Gym		PICKLEBALL	
	1:00PM-3:00PM		1:00PM-3:00PM		1:00PM-3:00PM		1:00PM-3:00PM		1:00PM-3:00PM				ALL LEVELS 3:00PM-5:00PM	
	PICKLEBALL		PICKLEBALL		PICKLEBALL CLINIC		PICKLEBALL		PICKLEBALL		Other Half is Open Gym			
	ALL LEVELS		ALL LEVELS		Pre Registration Required		ALL LEVELS		ALL LEVELS		*Y closes at 1:00pm		PICKLEBALL	
G Y M	3:00PM-4:00PM		3:00PM-4:00PM		3:00PM-5:00PM		3:00PM-4:00PM		3:00PM-4:00PM					
	OPEN GYM		OPEN GYM		PICKLEBALL CLINIC		OPEN GYM		OPEN GYM				*Y closes at 5:00pm	
					Pre Registration Required									
	4:00PM-5:30PM		4:00PM-5:30PM		5:00PM-5:30PM		4:00PM-5:30PM		4:00PM-5:30PM					
	BEFORE AND AFTER SCHOOL PROGRAM		BEFORE AND AFTER SCHOOL PROGRAM		BEFORE AND AFTER SCHOOL PROGRAM		BEFORE AND AFTER SCHOOL PROGRAM		BEFORE AND AFTER SCHOOL PROGRAM					
	5:30PM-7:30PM		5:30PM-6:00PM		5:30PM-9:00PM		5:30PM-9:00PM		5:30PM-7:00PM					
	PICKLEBALL CLINIC		OPEN GYM		OPEN GYM		PICKLEBALL		PICKLEBALL					
Pre Registration Required		6:00PM-7:00PM						*Y closes at 7:00pm						
SAMS PROGRAM														
7:30PM-9:00PM		7:00PM-9:00PM												
PICKLEBALL		OPEN GYM												
*Y closes at 9:00pm		*Y closes at 9:00pm		*Y closes at 9:00pm		*Y closes at 9:00pm								
NO PICKLEBALL ON WEDNESDAY NIGHTS AFTER 5:00 PM STARTING JANUARY 8th – MARCH 31 DUE TO CORPORATE BASKETBALL														
Open gym is available for basketball. During Open Gym times, no additional nets (futsal, volleyball or pickleball) can be set up preventing access to the basketball														
SCHEDULE SUBJECT TO CHANGE														