

GYM SCHEDULE - 2026 - January 2ND - JANUARY 31st

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 12/30/2025
	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	OPEN GYM	
	12:00PM-2:00 PM ADULT BASKETBALL MEMBERS ONLY NO GUESTS	12:00PM-2:00PM Adult Basketball Open Gym	12:00PM-2:00 PM ADULT BASKETBALL MEMBERS ONLY NO GUESTS	12:00PM-2:00PM Adult Basketball Open Gym	12:00PM-2:00 PM ADULT BASKETBALL MEMBERS ONLY NO GUESTS	OPEN GYM	1:00PM-3:00PM
	2:00PM-5:30PM OPEN GYM	2:00PM-3:00PM OPEN GYM	2:00PM-3:00PM OPEN GYM	2:00PM-5:30PM	2:00PM-7:00PM	11:00AM-1:00PM OPEN GYM	OPEN GYM
	5:30PM-9:00PM	3:00PM-5:00PM YOUNG LIFE BASKETBALL	OPEN GYM	OPEN GYM	OPEN GYM	ALL LEVELS	ALL LEVELS
	PICKLEBALL	5:00PM-9:00PM OPEN GYM	5:30PM-9:00PM CORPORATE BASKETBALL	5:00PM-9:00PM OPEN GYM	*Y closes at 7:00pm		
	*Y closes at 9:00pm	*Y closes at 9:00pm	*Y closes at 9:00pm	*Y closes at 9:00pm			*Y closes at 5:00pm
E D W A R D G Y M	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30AM-7:00AM OPEN GYM	5:30AM-12:30PM	5:30AM-7:00AM OPEN GYM	5:30AM-1:00PM	5:30AM-12:30PM	7:00AM-11:00AM	
	7:00AM-8:00AM BOOTCAMP CLASS		7:00AM-8:00AM BOOTCAMP CLASS			PICKLEBALL	
	8:00AM-1:00PM OPEN GYM		8:00AM-12:00PM OPEN GYM	OPEN GYM	OPEN GYM	11:00AM-1:00PM OPEN GYM	
	1:00PM-3:00 PM OPEN GYM						
	3:00PM-5:00PM Pickleball		12:00PM-1:00PM HIIT FITNESS CLASS	OPEN GYM		*Y closes at 1:00pm	1:00PM-3:00PM
	5:00PM-6:00PM OPEN GYM	12:30PM-3:30PM OPEN GYM	1:00PM-3:00PM OPEN GYM	3:00PM-5:00PM Pickleball	12:30PM-3:30PM OPEN GYM		PICKLEBALL
		3:30PM-5:00PM Pickleball	3:00PM-5:00PM Pickleball	5:00PM-6:00PM OPEN GYM	3:30PM-5:30PM Pickleball		ALL LEVELS
	6:00-8:00PM TAE KWON DO	5:00PM-6:00PM OPEN GYM	5:00PM-6:00PM OPEN GYM	6:00PM-8:00PM FUTSAL REC	5:30 PM-7:00 PM Pickleball		3:00PM-5:00PM
	8:00-9:00PM OPEN GYM	6:00-8:00PM FUTSAL REC	6:00PM-7:00PM GYM & SWIM	7:00PM-9:00PM OPEN GYM	8:00-9:00PM OPEN GYM	*Y closes at 7:00pm	OPEN GYM
	*Y closes at 9:00pm	*Y closes at 9:00pm	*Y closes at 9:00pm				*Y closes at 5:00pm
F I S H E R G Y M	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30AM-7:00AM OPEN GYM	5:30AM-7:00AM OPEN GYM	5:30AM-7:00AM OPEN GYM	5:30AM-7:00AM OPEN GYM	5:30AM-7:00AM OPEN GYM	7:00AM-8:30AM OPEN BASKETBALL	
	7:00AM-9:00AM BEFORE AND AFTER SCHOOL PROGRAM	7:00AM-9:00AM BEFORE AND AFTER SCHOOL PROGRAM	7:00AM-9:00AM BEFORE AND AFTER SCHOOL PROGRAM	7:00AM-9:00AM BEFORE AND AFTER SCHOOL PROGRAM	7:00AM-9:00AM BEFORE AND AFTER SCHOOL PROGRAM	8:30AM-10:00AM Mini & Big Football	
						10:00AM-11:30PM	
	9:00AM-11:00AM PICKLEBALL	9:00AM-11:00AM PICKLEBALL	9:00AM-11:00AM PICKLEBALL	9:00AM-11:00AM PICKLEBALL	9:00AM-11:00AM PICKLEBALL		OPEN GYM
	BEGINNER LEVEL	ALL LEVELS	BEGINNER LEVEL	ALL LEVELS	BEGINNER LEVEL		
	11:00AM-1:00PM PICKLEBALL	11:00AM-1:00PM PICKLEBALL	11:00AM-1:00PM PICKLEBALL	11:00AM-1:00PM PICKLEBALL	11:00AM-1:00PM PICKLEBALL	11:30AM-1:00PM	1:00PM-3:00PM PICKLEBALL
	1:00PM-3:00PM PICKLEBALL	1:00PM-3:00PM OPEN GYM	1:00PM-3:00PM PICKLEBALL	1:00PM-3:00PM OPEN GYM	1:00PM-3:00PM OPEN GYM		ALL LEVELS
	3:00PM-4:00PM OPEN GYM	3:00PM-4:00PM OPEN GYM	PRE REGISTRATION REQUIRED 3:00PM-4:00PM OPEN GYM	3:00PM-4:00PM OPEN GYM	3:00PM-4:00PM OPEN GYM		3:00PM-5:00PM
	4:00PM-5:30PM BEFORE AND AFTER SCHOOL PROGRAM	4:00PM-5:30PM BEFORE AND AFTER SCHOOL PROGRAM	4:00PM-5:30PM BEFORE AND AFTER SCHOOL PROGRAM	4:00PM-5:30PM BEFORE AND AFTER SCHOOL PROGRAM	4:00PM-5:00PM BEFORE AND AFTER SCHOOL PROGRAM		Other Half is Open Gym *Y closes at 1:00pm
	5:30PM-07:30PM OPEN GYM	5:30PM-7:00PM SAMS PROGRAM	5:30PM-9:00PM CORPORATE BASKETBALL	5:30PM-9:00PM PICKLEBALL	5:00PM-7:00PM OPEN GYM		PICKLEBALL
	7:30PM-9:00PM OPEN GYM	7:00PM-9:00PM OPEN GYM			*Y closes at 8:00pm		*Y closes at 5:00pm
	*Y closes at 9:00pm	*Y closes at 9:00pm	*Y closes at 9:00pm	*Y closes at 9:00pm			

Specific Dates/Events (GYM Schedule will be affected)

PLEASE BE ADVISED OF POTENTIAL CHANGES FOR ALL DAY CARE

Corporate Basketball Starts on January 7th. Wednesday Night Gym Availability is limited as a result

SCHEDULE SUBJECT TO CHANGE