Gym Schedule

**MONDAY**
- 5 am: SMALL GROUP TRAINING (5:45-7:15 am)
- 6 am: Open Gym
- 7 am: TOT TIME (9:30-10:30 am)
- 8 am: Open Gym
- 9 am: OPEN PICKLEBALL (12:30-2:30 pm)
- 10 am: OPEN PICKLEBALL (12:30-2:30 pm)
- 11 am: AOA FOREVER FIT (11-11:45 am)
- 12 pm: OPEN PICKLEBALL (12:30-2:30 pm)
- 1 pm: OPEN PICKLEBALL (12:30-2:30 pm)
- 2 pm: Open Gym
- 3 pm: Open Gym
- 4 pm: YOUTH SPORTS (4-8 pm)
- 5 pm: YOUTH SPORTS (4-8 pm)
- 6 pm: YOUTH SPORTS (4-8 pm)
- 7 pm: YOUTH SPORTS (4-8 pm)

**TUESDAY**
- 5 am: OPEN PICKLEBALL (12:30-2:30 pm)
- 6 am: Open Gym
- 7 am: TOT TIME (9:30-10:30 am)
- 8 am: Open Gym
- 9 am: OPEN PICKLEBALL (12:30-2:30 pm)
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- 11 am: AOA FOREVER FIT (11-11:45 am)
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**WEDNESDAY**
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- 7 pm: YOUTH SPORTS (4-8 pm)

**FRIDAY**
- 5 am: OPEN PICKLEBALL (12:30-2:30 pm)
- 6 am: Open Gym
- 7 am: TOT TIME (9:30-10:30 am)
- 8 am: Open Gym
- 9 am: OPEN PICKLEBALL (12:30-2:30 pm)
- 10 am: OPEN PICKLEBALL (12:30-2:30 pm)
- 11 am: AOA FOREVER FIT (11-11:45 am)
- 12 pm: OPEN PICKLEBALL (12:30-2:30 pm)
- 1 pm: OPEN PICKLEBALL (12:30-2:30 pm)
- 2 pm: Open Gym
- 3 pm: Open Gym
- 4 pm: YOUTH SPORTS (4-8 pm)
- 5 pm: YOUTH SPORTS (4-8 pm)
- 6 pm: YOUTH SPORTS (4-8 pm)
- 7 pm: YOUTH SPORTS (4-8 pm)

**SATURDAY**
- 5 am: OPEN PICKLEBALL (12:30-2:30 pm)
- 6 am: Open Gym
- 7 am: TOT TIME (9:30-10:30 am)
- 8 am: Open Gym
- 9 am: OPEN PICKLEBALL (12:30-2:30 pm)
- 10 am: OPEN PICKLEBALL (12:30-2:30 pm)
- 11 am: AOA FOREVER FIT (11-11:45 am)
- 12 pm: OPEN PICKLEBALL (12:30-2:30 pm)
- 1 pm: OPEN PICKLEBALL (12:30-2:30 pm)
- 2 pm: Open Gym
- 3 pm: Open Gym
- 4 pm: YOUTH SPORTS (4-8 pm)
- 5 pm: YOUTH SPORTS (4-8 pm)
- 6 pm: YOUTH SPORTS (4-8 pm)
- 7 pm: YOUTH SPORTS (4-8 pm)

The gym is open for Open Gym / Family Gym any time there is not a scheduled activity.

**DROP IN CLASSES/ACTIVITIES**

**PRE-REGISTRATION REQUIRED**
## Gym Schedule

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<th>MONDAY</th>
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The gym is open for Open Gym / Family Gym any time there is not a scheduled activity.

**DROP IN CLASSES/ACTIVITIES**

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