

GYMNASIUM SCHEDULE



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
6:00 AM	Platinum Access 6am - 4pm	Platinum Access 6am - 4:30pm	Platinum Access 6am - 4pm	Platinum Access 6am - 11:30am	Platinum Access 6am - 4pm				
6:30 AM									
7:00 AM									
7:30 AM						Platinum Access 8am - 9am		Platinum Access 8am - 10am	
8:00 AM									
8:30 AM						Cardio Bootcamp 9am - 10am Debbi			
9:00 AM						Family Gym 10-12pm		Family Gym 10-12pm	
10:00 AM								Toddler Gym 11:30am - 12pm	
10:30 AM									
11:00 AM									
11:30 AM									
12:00 PM									
12:30 PM									
1:00 PM									
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM									
3:30 PM									
4:00 PM	LEAF		LEAF		LEAF				
4:30 PM	After School Program	Youth Basketball 10-16 years old 4:30pm - 6:30pm	After School Program	Youth Basketball 10-16 years old 4:30pm - 6:30pm	After School Program				
5:00 PM	Junior NBA 5-5:45pm		Platinum Access 5pm - 6pm		Youth Soccer 10-16 years old 5pm - 7pm	Badminton 16+ Years old Open to all residents 5pm - 7pm	Basketball 16+ Years old Open to all residents 5pm - 7pm		
5:30 PM	Skip Circuit - 45 min 6pm - 6:45pm Debbi		CrossFIT - 45 min 6pm - 6:45pm Debbi						
6:00 PM									
6:30 PM									
7:00 PM	Volleyball Platinum Access Only 7pm - 9:30pm	Badminton Platinum Access Only 7pm - 9:30pm	Basketball Platinum Access Only 7pm - 9:30pm	Badminton Platinum Access Only 7pm - 9:30pm	Basketball Platinum Access Only 7pm - 9:30pm	Platinum Access 7pm - 8:30pm	Platinum Access 7pm - 8:30pm		
7:30 PM									
8:00 PM									
8:30 PM									
9:00 PM									
9:30 PM									

- **Platinum Access Members must scan fob to verify access
- **Platinum Access Members have access to all sports programs
- **Gym Rental - Can be rented for any day/times with enough notice.
- **Gym Rental - Non-Scheduled rental times will become platinum access only
- **Family Gym - Parent must accompany child. Age restriction is 9 years and under.

**March 1st -
April 30th**