

# Gym/Court Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:00am-7:50am Open Basketball	4:00am-7:30am Open Pickleball	4:00am-7:50am Adult Open Basketball	4:00am-7:30am Open Pickleball	4:00am-8:45am Open Basketball	6:00am-7:45am Open Gym	6:00am-8:50am Open Gym
8:00am-8:55am Interval	8:00am-8:25am Core EXPRESS	9:00am-9:25am Blast EXPRESS	8:00am-8:25am Strength EXPRESS	9:00am-9:55am Step	8:00am-8:25am Core EXPRESS	9:00am-9:55am Strength
9:00am-9:55am Step	8:30am-8:55am Strength EXPRESS	9:30am-9:55am Guns EXPRESS	8:30am-8:55am Core EXPRESS	10:00am-11:30am Kids' Clubhouse	8:30am-9:25am Interval	11:00am-12:00pm Kids' Clubhouse
10:00am-11:30am Kids' Clubhouse	9:00am-9:55am Step Fusion	10:00am-11:30am Kids' Clubhouse	9:15am-10:10am Cardio Circuit	11:30am-2:00pm Open Pickleball	9:30am-10:25am Step	12:00pm-3:00pm Open Pickleball
11:30am-2:00pm Open Pickleball	10:00am-11:30am Kids' Clubhouse	11:30am-2:00pm Open Pickleball	10:10am-11:30am Kids' Clubhouse	2:00pm-10:30pm Open Gym	10:30am-11:25am Zumba®	3:00pm-7:30pm Open Gym
2:00pm-4:20pm Open Basketball	11:30am-3:00pm Adult Pick-Up Basketball	2:00pm-5:20pm Open Basketball	11:30am-3:00pm Adult Pick-Up Basketball		11:30am-12:30pm Kids' Clubhouse	
4:30pm-5:25pm Interval	3:00pm-8:00pm Competitive Pickleball	5:30pm-5:55pm Core EXPRESS	3:00pm-8:00pm Open Pickleball		12:30pm-2:00pm Open Gym	
5:30pm-5:55pm Core EXPRESS	8:00pm-10:30pm Open Gym	6:00pm-6:55pm Zumba®	8:00pm-10:30pm Open Gym		2:00pm-4:00pm Open Volleyball	
6:00pm-6:25pm Blast EXPRESS		7:00pm-10:30pm Adult Pick-Up Basketball			4:00pm-7:30pm Open Gym	
6:30pm-6:55pm Guns EXPRESS						
7:00pm-10:30pm Open Gym						

The gym is available to members for open use unless scheduled for classes, events or other activities.  
 Please allow 5 to 10 minutes before and after scheduled listings for set up and clean up. Schedule subject to change.  
 For live schedule updates, check [schedule.thewac.com](http://schedule.thewac.com).