



YOUR GAME STARTS HERE: EXPLORE THE GYMNASIUM SCHEDULE

UPDATED:
6.2.26

MONDAY	
5:30–6:30 am	Pick-up Basketball
6:30–9:00 am	Pick-up Pickleball
9:00 am–12:00 pm	Early Childhood
12:15–1:15 pm	Tai Chi
1:15–2:15 pm	Tai Chi Intermediate
2:30–6:00 pm	Early Childhood/Kids' Place
6:00–8:15 pm	Pickleball Private Lessons
8:15–9:00 pm	Pick-up Basketball

THURSDAY	
5:30–6:30 am	Pick-up Basketball
6:30–9:00 am	Pick-up Pickleball
9:00 am–12:00 pm	Early Childhood
12:00–2:30 pm	Rock Steady Boxing
2:30–6:00 pm	Early Childhood/Kids' Place
6:00–7:30 pm	Open Gym
7:30–9:00 pm	Pick-up Basketball

TUESDAY	
5:30–6:30 am	Pick-up Basketball
6:30–9:00 am	Pick-up Pickleball
9:00 am–12:00 pm	Early Childhood
12:00–2:30 pm	Rock Steady Boxing
2:30–6:00 pm	Early Childhood/Kids' Place
6:00–7:30 pm	Rock Climbing Club
7:30–9:00 pm	Pick-up Basketball

FRIDAY	
5:30–6:30 am	Open Gym
6:30–7:30 am	Pick-up Pickleball
7:30–8:45 am	Box & Burn
9:00 am–12:00 pm	Early Childhood
12:00–1:00 pm	Box & Burn
1:00–2:30 pm	Rock Steady Boxing
2:30–6:00 pm	Early Childhood/Kids' Place
6:00–8:00 pm	Pick-up Pickleball

WEDNESDAY	
5:30–7:30 am	Open Gym
7:45–8:45 am	Cardio Kickboxing
9:00 am–12:00 pm	Early Childhood
12:00–1:00 pm	Tai Chi
1:15–2:30 pm	Rock Steady Boxing
2:30–6:00 pm	Early Childhood/Kids' Place
6:00–8:00 pm	Pick-up Basketball
8:00–9:00 pm	Open Gym

SATURDAY	
8:00–8:50 am	Open Gym
9:00–10:30 am	Rock Steady Boxing
10:30 am–12:30 pm	Pick-up Basketball
12:30–6:00 pm	Open Gym

SUNDAY	
8:00–8:50 am	Open Gym
9:15–10:00 am	Ultimate Power
10:30 am–12:30 pm	Pick-Up Basketball
12:30–6:00 pm	Open Gym

Benderson Family Building Gymnasium Schedule

Mon–Thur: 5:30 am–9:00 pm | Fri: 5:30 am–8:00 pm | Sat–Sun: 8:00 am–6:00 pm