

Gymnasium Schedule

Sunday	Open Gym Basketball	9 a.m. - 12:30 p.m. (Ct.1 & 2)
	USA South Team Practice	9 a.m. -12:30 p.m. (Ct. 3)
	Pickleball	12:30 p.m. - 4:30 p.m. (Ct.1 & 2)
Monday	Cardio, Strength & Tone	9:30 a.m. -10:30 a.m. (Ct. 1 & 2)
	Club Rec Program	2 p.m. - 6 p.m. (Ct. 1 & Ct. 2)
	USA South Team Practice	4 p.m. - 8:45 p.m. (Ct. 3)
	Open Gym Basketball	7 a.m. - 8 a.m. (Ct. 1 & 2)
	Senior Volleyball	10:35 a.m. - 2 p.m. (Ct. 3)
	Senior Basketball	10:35 a.m. - 1:30 p.m. (Ct.1 & 2)
	Adult Basketball (18+)	6 p.m. - 8:45 p.m. (Ct. 1 & 2)
Tuesday	Club Rec Program	2 p.m. - 6 p.m. (Ct.1 & 2)
	USA South Team Practice	4 p.m. - 8:45 p.m. (Ct. 3)
	Open Gym Basketball	7 a.m. - 8 a.m. (Ct.1 & 2)
	Pickleball	8 a.m. - 1 p.m. (Ct.1, 2 & 3)
	Open Gym Basketball	1 p.m. - 2 p.m. (Ct.1 & 2)
	Wheelchair Basketball	6 p.m. - 8:45 p.m. (Ct. 1)
	Family Night Basketball	6 p.m. - 8:45 p.m. (Ct. 2)
Wednesday	Cardio, Strength & Tone	9:30 a.m. -10:30 a.m. (Ct.1 & 2)
	Club Rec Program	2 p.m. - 6 p.m. (Ct. 1 & 2)
	USA South Team Practice	4 p.m. - 8:45 p.m. (Ct. 3)
	Open Gym Basketball	7 a.m. - 8 a.m. (Ct.1 & 2)
	Senior Volleyball	10:35 a.m. - 2 p.m. (Ct. 3)
	Senior Basketball	10:35 a.m. - 1:30 p.m. (Ct.1 & 2)
	Adult Basketball (18+)	6 p.m. - 8:45 p.m. (Ct.1 & 2)
Adult Volleyball (18+)	6 p.m. - 8:45 p.m. (Ct.1 & 2)	
Thursday	Club Rec Program	2 p.m. - 6 p.m. (Ct.1 & 2)
	USA South Team Practice	4 p.m. - 8:45 p.m. (Ct. 3)
	Open Gym Basketball	7 a.m. - 8 a.m. (Ct.1 & 2)
	Pickleball	8 a.m. - 1 p.m. (Ct.1, 2 & 3)
	Open Gym Basketball	1 p.m. - 2 p.m. (Ct.1 & 2)
Adult Basketball (18+)	6 p.m. - 8:45 p.m. (Ct.1 & 2)	
Friday	Cardio, Strength & Tone Class	9:30 a.m. -10:30 a.m. (Ct.1 & 2)
	Club Rec Program	2 p.m. - 6 p.m. (Ct.1 & 2)
	USA South Team Practice	4 p.m. - 6:45 p.m. (Ct. 3)
	Open Gym Basketball	7 a.m. - 8 a.m. (Ct.1 & 2)
	Senior Volleyball	10:35 a.m. - 2 p.m. (Ct. 3)
	Senior Basketball	10:35 a.m. - 1:30 p.m. (Ct. 1 & 2)
	Family Night Basketball	6 p.m. - 6:45 p.m. (Ct. 1 & 2)
Saturday	Open Gym Basketball	9 a.m. - 4:45 p.m. (Ct. 1 & 2)
	USA South Team Practice	9 a.m. - 4:45 p.m. (Ct. 3)

Highlighted activities are open to all members.

*Gym schedule is subject to change at any time. Children under the age of 13 must be accompanied by a parent or guardian over the age of 18.