

GYMNASIUM CALENDAR

SUBJECT TO CHANGE/EFFECTIVE MAY 1, 2024

"Open Rec" can be used for shooting basketball, 3V3, 5V5, other appropriate gym games/sports, workout, etc. Please be considerate with how long you use the gym and allow other members to use the space. Programs take precedence and may not be reflected here. Pickleball is now outside for the season.

SCHEDULE SUBJECT TO CHANGE. SPECIAL EVENTS WILL BE ANNOUNCED 72 HOURS IN ADVANCE.

GYM A: FAR SIDE OF THE GYM

Rules posted in the gym and on our website. www.theworkshealthclub.com

SUN	MON	TUES	WED	THURS	FRI	SAT
All Day OPEN RECREATION	All Day OPEN RECREATION	All Day OPEN RECREATION	5am-6:30pm OPEN RECREATION	All Day OPEN RECREATION	All Day OPEN RECREATION	All Day OPEN RECREATION
			6:30pm-8:30pm 5v5 full court			
			8:30pm-10pm OPEN RECREATION			

GYM B: CLOSEST TO THE LOCKER ROOMS

SUN	MON	TUES	WED	THURS	FRI	SAT
6am-8am OPEN RECREATION	All Day OPEN RECREATION	5am-3:30pm OPEN RECREATION	5am-6:30pm OPEN RECREATION	5am-3:30pm OPEN RECREATION	5am-10pm OPEN RECREATION	6am-10:15am OPEN RECREATION
8am-12:15pm SUPERVISED GYM						
12:15pm-8pm OPEN RECREATION						
		3:30pm-8pm SUPERVISED GYM	6:30pm-8:30pm 5v5 full court	3:30pm-8:00pm SUPERVISED GYM		10:15am-11:15am FAMILY BASKETBALL (OPEN RECREATION for families with younger children)
		8:00pm-10pm OPEN RECREATION	8:30pm-10pm OPEN RECREATION	8:00pm-10pm OPEN RECREATION		11:15am-8pm OPEN RECREATION