

MONDAY

WEST		EAST	
Breakfast Club Bootcamp 5:30am-6:30am			
TRX-Suspension Training 9:00am-10:00am		Open Gym 6:30am-4:00pm	
Open Gym 10:00am-5:30pm			
Bootcamp 5:30pm-6:30pm		After School 4:00pm-5:00pm	
YBA 6:30pm-7:30pm		YBA 5:15pm-7:30pm	
Open Gym 7:30pm-9:00pm			

WEST		EAST	
Open Gym 5:00am-9:00am			
Open Pickleball 9:00am-11:00am (2 courts)			
Noonball 12:00pm-2:00pm			
Open Gym 2:00pm-4:30pm			
YBA 4:30pm-7:30pm			
Open Gym 7:30pm-9:00pm			

TUESDAY

WEST		EAST	
HIIT 5:00am-6:00am			
Open Gym 6:00am-9:00am			
Open Pickleball 9:00am-11:00am (4 courts)			
Open Gym 11:00am-5:00pm		Open Gym 11:00am-4:00pm	
YBA 5:00pm-8:00pm		After School 4:00pm-5:00pm	
		YBA 5:00pm-8:00pm	

WEST		EAST	
Open Gym 5:00am-9:00am			
Open Pickleball 9:00am-11:00am (4 courts)			
Open Gym 11:00am-6:15pm			
YBA 7:00pm-8:00pm		YBA 6:15pm-8:15pm	

WEDNESDAY

WEST		EAST	
Breakfast Club Bootcamp 5:30am-6:30am			
Open Gym 6:30am-9:00am		Open Gym 6:30am-10:00am	
TRX-Suspension Training 9:00am-10:00am			
Open Gym 10:00am-1:30pm			
Homeschool Clinic 1:30pm-3:00pm			
Open Gym 3:00pm-5:00pm		After School 4:00pm-5:00pm	
YBA 5:00pm-6:00pm			
Men's League 6:30pm-8:30pm (Ends December 7th)			

WEST		EAST	
Open Gym 5:00am-9:00am			
Open Pickleball 9:00am-11:00am (2 courts)			
Noonball 12:00pm-1:30pm			
Open Gym 1:30pm-4:30pm		Open Gym 1:30pm-6:00pm	
YBA 4:30pm-5:30pm			
Men's League 6:00pm-9:00pm (Ends December 7th)			

THURSDAY

WEST		EAST	
HIIT 5:00am-6:00am			
Open Gym 6:00am-9:00am			
Open Pickleball 9:00am-11:00am (4 courts)			
Open Gym 11:00am-4:30pm		Open Gym 11:00am-4:00pm	
TRX Stretch 4:30pm-5:30pm		After School 4:00pm-5:00pm	
TRX Bootcamp 5:30pm-6:30pm		YBA 5:00pm-8:00pm	
YBA 7:00pm-8:00pm			
Open Gym 8:00pm-9:00pm			

WEST		EAST	
Open Gym 5:00am-9:00am			
Open Pickleball 9:00am-11:00am (4 courts)			
Open Gym 11:00am-4:30pm			
YBA 4:30pm-7:30pm			
Open Gym 7:30pm-9:00pm			

FRIDAY

WEST		EAST	
Breakfast Club Bootcamp 5:30am-6:30am			
Open Gym 6:30am-9:00am			
Open Pickleball 9:00am-11:00am (4 courts)			
Open Gym 11:00am-6:00pm		Open Gym 11:00am-4:00pm	
		After School 4:00pm-5:00pm	
YBA 6:00pm-7:00pm			

WEST		EAST	
Open Gym 5:00am-9:00am			
Open Pickleball 9:00am-11:00am (4 courts)			
Open Gym 11:00am-12:00pm			
Noonball 12:00pm-2:00pm			
Open Gym 2:00pm-4:00pm		Open Gym 2:00pm-7:00pm	
YBA 4:00pm-6:30pm			

SATURDAY

WEST		EAST	
Open Gym 7:00am-8:00am			
YBA Game Day 8:00am-4:30pm			

WEST		EAST	
Open Gym 7:00am-8:00am			
YBA Game Day 8:00am-4:30pm			

SUNDAY

WEST		EAST	
Open Gym 9:00am-4:00pm			

WEST		EAST	
Open Pickleball 9:00am-11:00am (4 courts)			
Noonball 12:00pm-2:00pm			
Open Gym 2:00pm-4:00pm			



COURT SCHEDULE

KEY

Noonball
Open Pickleball
YBA
Open Gym

**WINTER MINI SESSION
NOVEMBER 27-DECEMBER 17**