

# May Midtown Gym Schedule, 2024

Court 1						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 5:30am -3:45pm	Pickup Basketball 5:30am -8am	Pumped Express 6:15 -7am	Pickup Basketball 5:30am -8am	Open Gym 5:30am -9am	Open Gym 7:30am -8:30am	Open Gym 7:30am -6:30pm
ECE School Age 4pm -5pm	Open Gym 8:15am -9am	Open Gym 7:15am -9am	Open Gym 8:15am -10:00am	Pumped (Express) 9:30am -10:15am	Pumped 9am -10am	Gym Closed
Open Gym 5:00pm -5:45pm	Silver Sneakers Cardio 9:30am -10:15am	Pumped 9:30am -10:30am	Silver Sneakers Cardio 10:30am -11:15am	Pickleball 11am-3:30pm	(Zumba) *Every 1st Saturday 10:30am -11:30am	
Pumped 6pm -7pm	Silver Sneakers Cardio 10:30am -11:15am	Open Gym 10:45am -4pm	Open Gym 11:30am -4pm	ECE School Age 4pm -5pm	Open Gym 11:45am -6:30pm	
Open Gym 7:15pm -8:30pm	Pickleball 12pm-3:30pm	ECE School Age 4pm -5pm	ECE School Age 4pm -5pm	Open Gym 5:15pm -8:30pm	Gym Closed	
Gym Closed	ECE School Age 4pm -5:00pm	Open Gym 5:15pm -8:30pm	Open Gym 5:15pm -8:30pm	Gym Closed		
	Open Gym 5:15pm -8:30pm	Gym Closed	Gym Closed			
	Gym Closed					

Court 2						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 5:30am -5:00pm	Pickup Basketball 5:30am -8am	Pumped Express 6:15 -7am	Pickup Basketball 5:30am -8am	Open Gym 5:30am -9am	Open Gym 7:30am -8:30am	Open Gym 7:30am -6:30pm
Strong Fast Fit Recreation 5pm-6pm	Open Gym 8:15am -9am	Open Gym 7:15am -9am	Open Gym 8:15am -10:00am	Pumped (Express) 9:30am -10:15am	Pumped 9am -10am	Gym Closed
Pumped 6pm -7pm	Silver Sneakers Cardio 9:30am -10:15am	Pumped 9:30am -10:30am	Silver Sneakers Cardio 10:30am -11:15am	Pickleball 11am-3:30pm	(Zumba) *Every 1st Saturday 10:30am -11:30am	
Open Gym 7:15pm -8:30pm	Silver Sneakers Cardio 10:30am -11:15am	Open Gym 10:45am -5:00pm	Open Gym 11:30am -5pm	Open Gym 4pm -8:30pm	Badminton 11:30am-3:00pm	
Gym Closed	Pickleball 12pm-3:30pm	Strong Fast Fit Recreation 5pm-6pm	Strong Fast Fit Recreation 5pm-6pm	Gym Closed	Open Gym 3:15pm -6:30pm	
	Open Gym 4pm -5pm	Open Gym 6:15pm -8:30pm	Open Gym 6:15pm -8:30pm		Gym Closed	
	Strong Fast Fit Recreation 5pm-6pm	Gym Closed	Gym Closed			
	Open Gym 6:15pm -8:30pm					
	Gym Closed					Updated 5/6/2024