



## CORE - OPEN GYM SCHEDULE



### Monday 3/16

Better Bar None	9am-10am	Court 1 East
Stroller Strides Play Group	9:45am-10:15am	Court 3 West
Stroller Strides	10:15am-11:15am	Court 3
Pickle Ball	10:30am-2:30pm	Courts 1 and 2
Open Gym (All Ages)	3pm-8pm	Open Courts
Pickle Ball	5pm-8pm	Court 2
All Star T-Ball	5:45pm-7:30pm	Court 3 East
Body Pump	6:15pm-7:15pm	Court 1 East
DR32 Basketball Practice	7:30pm-9pm	Court 1
Private Basketball Rental	8pm-10pm	Court 3
Open Gym (Adult 18+)	8pm-10pm	Open Courts

### Tuesday 3/17

Bootcamp	5:30am-6:30am	Court 1
Tabata	8am-8:45am	Court 1 East
CRT	9am-10am	Court 1 East
Stroller Strides	10:15am-11:15am	Court 3
Pickle Ball	10:30am-2:30pm	Courts 1 and 2
Open Gym (All Ages)	3pm-8pm	Open Courts *See Below
LHS Volleyball	3pm-5pm	Court 3
LHS Volleyball	3pm-6pm	Court 1
Rookie HOOPS League	5:30pm-7:30pm	Courts 2 and 3
Team Weightloss	6pm-7pm	Court 1 East
Lightning Rental (Set Up Cage)	7:30pm-9:30pm	Court 3
Open Gym (Adult 18+)	8pm-10pm	Open Courts

No Open Gym 5:30pm-6pm

### Wednesday 3/18

Strength Embrace	8am-8:45am	Court 1 East
Body Pump	9am-10am	Court 1 East
Stroller Strides	10:15am-11:15am	Court 3
Pickle Ball	10:30am-2:30pm	Courts 2 and 3
Just For Fun Sports	11:30am-12pm	Court 1
LHS Volleyball	3pm-6pm	Courts 1 and 2
Open Gym (All Ages)	3pm-8pm	Open Courts
All Star Flag Football	4pm-7pm	Court 3 East
Lightning Practice (No Cages)	6pm-7:30pm	Court 1 West
Body Pump	6:15pm-7:15pm	Court 1 East
Adult Basketball League	7pm-10pm	Court 3
Adult Basketball League	8pm-10pm	Court 2
Open Gym (Adult 18+)	8pm-10pm	Open Courts

Open Gym Free for Residents 3pm-6pm

### Thursday 3/19

Stroller Strides	5:30am-6:30am	Court 3
Tabata	8am-8:45am	Court 1 East
CRT	9am-10am	Court 1 East
Pickle Ball	10:30am-2:30pm	Courts 1 and 2
Open Gym (All Ages)	3pm-8pm	Open Courts
LHS Volleyball	3pm-6pm	Courts 1 and 2
Adult Pickleball	5pm-6pm	Court 3
Team Weight Loss	6pm-7pm	Court 1 West
DR32 Basketball Practice	7pm-8:30pm	Court 3
Private Basketball Rental	7:30pm-9pm	Court 2
DR32 Basketball Practice	8:30pm-9pm	Court 3 West
Open Gym (Adult 18+)	8pm-10pm	Open Courts

### Friday 3/20

Power Cardio	9:15am-10am	Court 1 East
Stroller Strides	10:15am-11:15am	Court 3
Pickle Ball	10:30am-2:30pm	Courts 1 and 2
Open Gym (All Ages)	3pm-8pm	Open Courts
All Star Basketball	3pm-4:45pm	Court 3 East
LHS Volleyball	3pm-6pm	Courts 1 and 2
Body Pump	6pm-7pm	Court 1 East
LHS Color Guard Practice	6pm-9pm	Court 2
Lightning Rental (Set Up Cage)	6pm-7:30pm	Court 3
Open Gym (Adult 18+)	8pm-10pm	Open Courts

### Saturday 3/21

Boot Camp	8am-9am	Court 1
Open Gym	8am-8pm	Open Courts
Super Sports	9am-9:45am	Court 3 East
Zumba	9:15am-10:15am	Court 1
Kids 1st Basketball	10am-12am	Court 3 West
LHS Color Guard Practice	12pm-4pm	Court 1
LPD Birthday Party	3pm-5pm	Court 3

### Sunday 3/22

Open Gym	8am-8pm	Open Courts
Dolphins Swim Party	9:30am-2pm	Courts 1 and 2
Basketball Rental	2:30pm-4:30pm	Court 1
Pickle Ball	5pm-8pm	Court 3

Open Gym Free for Residents 9am-12pm

### Additional Information

**Core Members** - Courts can be used anytime they are available & during age appropriate Open Gym times. No supervision is required for CORE Members.

**Open Gym Pass Holders** - Can use pass during the age appropriate Open Gym times. Can also participate during CORE Member only times as long as CORE Member is directly supervising them. Supervision is always required.

**Walk-ins** - Have access to the field house during age appropriate Open Gym posted times only. Supervision is always required.

**Open Gym Sessions** - Each Open Gym session will require a payment/check-in for each session listed.

**Schedule is subject to change**