

Sports Arena Winter Schedule



Effective January- March 2012 Activities & Rental Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 a.m.							
6:00 a.m.		Boot Camp (Far Court)		Boot Camp (Far Court)			
7:00 a.m.		6:00 a.m.-7:00 a.m.		6:00 a.m.-7:00 a.m.		*Family Gym 7-9am (Near Court)	* Family Gym
8:00 a.m.						*TRX Bootcamp (Near & Mid Court)	7:00-10:00am
8:30 a.m.			Recess Class 9:15-10:15am (Near Court)			9:15am-10:15am	(Far Court)
9:00 a.m.			OPEN GYM			Gym CLOSED During this Time	
9:30 a.m.	Cardio Sculpt (far court)		6:00am-10:30am		Recess Class (Near Court)	*Girls' Instructional Volleyball	OPEN GYM 7:00am-Noon
10:00 a.m.	9:15-10:15 a.m.		(Far Court)		9:00-10:00 a.m.	9:00-11:00am	(Near Court)
10:30 a.m.	Mens Pick up Basketball				Mens Pick up Basketball	Grades 7-12	
11:00 a.m.	Near Court (ages 25 and over)		Mens Pickup Basketball	OPEN GYM	Near Court (ages 25 and over)	February- April	
12:00 a.m.	10:30-12p		Near Court (ages 25 and over)	6:00am- 5:00pm	10:30-12p	(Far Court)	Rental space: Noon-2pm
1:00 p.m.				(Full Court)		Rental space: Noon-2pm	Rental space: Noon-2pm
1:30 p.m.	Open Gym	OPEN GYM	Open Gym (Full Court)		Open Gym	OH Ballstars	OH Ballstars
2:00 p.m.	12:00pm-4:30pm	6AM-5PM	12:00pm-4:00pm		12:00pm-4:30pm	Personal Trainings 4-6pm	Personal Trainings 4-6pm
3:00 p.m.	(Full Court)	(Full Court)			(Full Court)	Young Professionals Open Gym	Young Professionals Open Gym
3:30 p.m.						2:00pm- 4:00pm	2:00pm- 4:00pm
4:00 p.m.						(Full Court)	(Full Court)
4:30 p.m.			*TRX Training			* Family Gym	* Family Gym 2-4pm
5:00 p.m.	Skyhawks Sports:		4:30-5:20pm & 5:30-6:20pm	OPEN GYM		11am-2pm	(Far Court)
5:30 p.m.	5:00-5:45p: Soccer & Tennis	*TRX Training	Gym CLOSED During this Time	6:30- 10:00pm	Good Shepherd CYO VB	(Near Court)	OPEN GYM
6:00 p.m.	6:00-7:30p: Baseball & Tennis	5:30-6:20pm		(Half Court)	5:30-8:30pm	OPEN GYM	2:00- 4:00pm (Near Court)
6:30 p.m.	(Far Court) Jan. 9th- Feb. 6th	Gym CLOSED During this Time			(Mid/ Near Court)	4:00- 7:00pm (Near Court)	
7:00 p.m.	Good Shepherd CYO VB	LineShot VB Club	Good Shepherd CYO VB	Co-Ed 6 on 6 Volleyball League	Special Olympics BB		Facility Closed
7:30 p.m.	5:30-8:30pm	6:00-9:00p	7:00-8:30pm	January 12- March 8	7:15pm-8:30pm		
8:00 p.m.	(Near Court)	(Far Court)	(Mid Court)	6:30-10:00pm			
8:30 p.m.	LineShot VB Club		LineShot VB Club	(Far Court)			
9:00 p.m.	6:00-9:00p	Young Professionals Open Gym	6:00-9:00p				
9:30 p.m.	(Far Court)	6:30- 10:00pm	(Far Court)				
10:00 p.m.		(Half Court)					

* NEW PROGRAMS!



Fitness & Health
Pavilion

For More Information, Register for any Pavilion Programs, or Rental Information Please call LaShaunda at 985-6747

Open Basketball/ Open Gym- For Members and guests 14 and over

Family Time- Families with children (under the age of 14) can play in the gym. Any child under the age of 14 must be accompanied by a parent during this time.



MEDICAL FITNESS ASSOCIATION