

Spring Schedule

April - June
2024



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00		Open Gym 0600-0930					
07:00		Practice FORCE 0745-830 <small>*1st Tuesday of the Month</small>					
08:00	Open Gym 0600-0915		Open Gym 0600-1210	Open Gym 0600-1210		Open Gym 0800-1000	Open Gym 0800-1100
09:00	Strength & Conditioning 0915-1000	FORCE Evaluations 0930-1030			Open Gym 0600-1830		
10:00						Family Fitness & Sport 1000-1200	
11:00	Active Academy 1045-1145	Open Gym 1030-1210				Swimming Lessons 0900-1200	
12:00	Strength <small>*Combat Fitness Room*</small> 1210-1250	Strength & Conditioning 1210-1250	Mobility & Core 1210-1250	Strength & Conditioning 1210-1250		Open Gym 1200-1400	Badminton 1100-1400
13:00	Open Gym 1145-1430	FORCE Evaluations 1315-1415	Open Gym 1250-1400	Open Gym 1250-1415			Open Swim 1200-1500
14:00	WHosp PT 1430-1515		ATC PT 1400-1515	WHosp PT 1415-1500		Pickleball 1400-1600	
15:00		Open Gym 1415-1700					Open Gym 1400-1700
16:00	Strength & Conditioning 1615-1700	Weight Training 101 <small>*Combat Fitness Room*</small> 1615-1700	Open Gym 1515-1900			Open Gym 1600-1700	
17:00		Pickleball 1700-1900		Open Gym 1515-1900		Military PT	Open Swim
18:00	Open Gym 1700-2100		Sportspark (18+) 1800-1930			Fitness Classes	Lane Swim
19:00	Squash Club 1900-2100	Badminton 1900-2100	Volleyball 1930-2100	Basketball 1900-2100		Recreation Sport	Military Sport
20:00					Badminton 1830-2100	Recreation Programming	Force Evaluations

Squash Club - Located in Squash Courts
Lane Swim, Open Swim and Swimming Lessons - Located in Pool