


Fall Schedule

September - December 2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00	Lane Swim 0600-0800	Open Gym 0600-0930					
07:00	Open Gym 0600-0915	Practice FORCE 0745-830 <small>*1st Tuesday of the Month</small>	Open Gym 0600-0915				
08:00				Open Gym 0600-1210		Open Gym 0800-1400	Open Gym 0800-1100
09:00	Strength & Conditioning 0915-1000	FORCE Evaluations 0930-1030	Strength & Conditioning 0915-1000				
10:00	Active Academy Ages: 6-10 1030-1130	Open Gym 1030-1210	Veterans + Senior Fitness Class 1000-1100				Open Swim 0900-1200
11:00							
12:00	Strength *Combat Fitness Room* 1210-1250	Strength & Conditioning 1210-1250	Mobility & Core 1210-1250	Strength & Conditioning 1210-1250			
13:00	Open Gym 1230-1430	FORCE Evaluations 1315-1415	Open Gym 1250-1400	Open Gym 1250-1415	Open Gym 0600-1830	Open Swim 1200-1500	Badminton 1100-1400
14:00	WHosp PT 1430-1515		ATC PT 1400-1515 431 PT 1430-1515	WHosp PT 1415-1500		Pickleball 1400-1600	
15:00	Open Gym 1515-1615	Open Gym 1415-1700	Open Gym 1515-1615	Open Gym 1515-1700			Open Gym 1400-1700
16:00	20/20 Conditioning & Cool Down -1615-1700		Weight Training 101 *Combat Fitness Room* 1615-1700	Open Gym 1515-1700		Open Gym 1600-1700	
17:00	Open Gym 1700-2100	Pickleball 1700-1900	Open Gym 1700-1900	Super Movers 1700-1745	Board Game Night @ The Mess! 18+ 1700-1900	Military PT	Lane Swim
18:00				Basketball 1800-1900		Fitness Classes	Open Swim
19:00	Squash Club 1900-2100	Badminton 1900-2100	Squash Club 1900-2100	Basketball BASE TEAM Practice 1900-2100	Badminton 1830-2100	Recreation Sport	Force Evaluations
20:00	Basketball BASE TEAM Practice 1900-2100		Volleyball 1900-2100			Recreation Programming	Military Sport

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