

Spring Facility Schedule



**April - June
2026**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
06:00	Open Gym 0600-1030	Lane Swim 0600-0800	Open Gym 0600-1210	Open Gym 0600-1210	WING PT 0630-0715	Open Gym 0800-1400	Open Gym 0800-1100		
07:00		Practice FORCE - 0745-0830 *1st Tuesday of the Month Female/Gender Diverse - 0800-0900 *Last Tuesday of the Month						Lane Swim 0600-0800	WSUP PT 0730-0830
08:00		Force Evaluations 0930-1030						Open Gym 1030-1210	Open Gym 0830-1210
09:00	Active Academy 1030-1130	Lane Swim 1100-1300	Lane Swim 1100-1300	Lane Swim 1100-1300	Instructors Choice *Combat Fitness Room 1210-1250	Squash Club 1000-1200	Open Gym 0800-1100		
10:00								Strength PT *Combat Fitness Room 1210-1250	Strength & Conditioning 1210-1250
11:00	Open Gym 1130-1500	Force Evaluations 1315-1415	Open Gym 1250-1330	Open Gym 1250-1500	Open Gym 1250-1900	Open Gym 1100-1400	Open Gym 1100-1400		
12:00								Core & Mobility 1210-1250	Core & Mobility 1210-1250
13:00	WHosp PT 1500-1545	Open Gym 1415-1700	ATC PT 1330-1415	Open Gym 1515-1900	WHosp PT 1500-1545 <small>*Gym, Squash Courts, Pool</small>	Open Swim 1300-1500	Open Gym 1400-1700		
14:00								431 PT 1430-1515	431 PT 1430-1515
15:00	Open Gym 1545-2100	Grappling 1515-1700	Open Gym 1515-1900	Open Gym 1545-1800	Open Gym 1545-1800	Open Swim 1500-1700	Open Gym 1400-1700		
16:00								Lane Swim 1600-1730	Lane Swim 1600-1730
17:00	Grappling 1745-1900	Pickleball 1700-1900	Open Swim 1730-1830	Grappling 1745-1900	Open Gym 1730-1830	Military Only	Recreation Programming		
18:00								Lane Swim 1630-1800	Lane Swim 1630-1800
19:00	Volleyball 1900-2100	Squash Club 1900-2100	Badminton 1900-2100	Volleyball 1900-2100	Squash Club 1900-2100	Badminton 1900-2100	Recreation Sport Programming		
20:00				Basketball 1800-1900			Open Gym		

Spaces are unavailable to the public during a class or program

Subject to change without notice -- For updates call 306-694-2873 or visit facebook.com/pspmoosejaw