

Gym Usage Schedule October 2020



Date	Time	Event	Location
Mondays	9:30 a.m. - 10:25 a.m.	Basic Strength	North Court
Mondays	11:15 a.m. - 12:00 p.m.	CLOSED FOR CLEANING	Whole Gym
Mondays	12:00 p.m. - 3:00 p.m.	Pickleball	Whole Gym
Tuesdays	8:00 a.m. - 8:55 a.m.	Strength Training	North Court
Tuesdays	11:15 a.m. - 12:00 p.m.	CLOSED FOR CLEANING	Whole Gym
Tuesdays	12:00 p.m. - 3:00 p.m.	Pickleball	North Court
Wednesdays	7:45 a.m. - 8:40 a.m.	Cardio Conditioning	North Court
Wednesdays	10:15 a.m. - 11:10 a.m.	Basic Strength	North Court
Wednesdays	11:15 a.m. - 12:00 p.m.	CLOSED FOR CLEANING	Whole Gym
Wednesdays	12:00 p.m. - 3:00 p.m.	Pickleball	Whole Gym
Wednesdays	5:30 p.m. - 7:00 p.m.	Private Rental	North Court
Thursdays	8:00 a.m. - 8:55 a.m.	Strength Training	North Court
Thursdays	11:15 a.m. - 12:00 p.m.	CLOSED FOR CLEANING	Whole Gym
Thursdays	12:00 p.m. - 3:00 p.m.	Pickleball	North Court
Fridays	7:45 a.m. - 8:40 a.m.	Cardio Kick	North Court
Fridays	10:15 a.m. - 11:10 a.m.	Basic Strength	North Court
Fridays	11:15 a.m. - 12:00 p.m.	CLOSED FOR CLEANING	Whole Gym
Fridays	12:00 p.m. - 3:00 p.m.	Pickleball	Whole Gym
Fridays	3:30 p.m. - 5:00 p.m.	Private Rental	North Court
Saturdays	8:00 a.m. - 9:00 a.m.	CLOSED FOR CLEANING	Whole Gym
Saturdays	9:00 a.m. - 12:00 p.m.	Pickleball	Whole Gym

- A face mask will be required at all times unless the participant is actively playing. A face mask must be worn while waiting for your turn at one of our socially distanced markings.
- Players must bring their own equipment. Basketballs, pickleballs and paddles will not be provided by The Timbers.
- The south side of The Timbers gym is open for individuals walking and shooting baskets.
- Basketball is limited to independent shooting and skill activities.
- Schedule is subject to change and will be updated weekly.