

Updated
1/9/23

HEIGHTS GYM SCHEDULE - JANUARY 2024



Gym is open during Heights Recreation Center operating hours, unless a program is using the space.

Hours of Operation: Mon - Thur: 6AM - 10PM | Fri: 6AM - 9PM | Sat: 8AM - 5PM | Sun: 11AM - 5PM

White = Full Gym Open		Blue = Half Gym Open			Red = Full Gym Closed		
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	CLOSED						CLOSED
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM		Pickleball Open Play (11:00am - 3:00pm)		Pickleball Open Play (11:00am - 3:00pm)			Soccer Sparks (9:00am - 12:30pm)
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM	Table Tennis Club (2:00pm - 5:00pm)						
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM	CLOSED		Archery (4:30pm - 7:30pm)				CLOSED
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM					Dodgeball Open Play (7:30pm - 10:00pm)	Table Tennis Club (6:00pm - 9:00pm)	
8:30 PM		Adult Basketball (8:00pm - 10:00pm)		Adult Basketball (8:00pm - 10:00pm)			
9:00 PM							
9:30 PM						CLOSED	