

Chota Gymnasium Schedule

Monday

08:00 - 9:30 a.m. Basketball
09:45-10:45 a.m. Tai Chi Practice
10:45-1:00 p.m. Open Gym
01:15- 04:15 p.m. Badminton
04:15- 05:30 p.m. Basketball
05:30 - 8:45 p.m. Pickleball Orientation

Tuesday

09:00-10:00 a.m. Balance, Bend, Build
10:00 - 12:00 p.m. Table Tennis
12:00 - 1:00 p.m. Trainer Instruction
01:00-4:15 p.m. Open Gym
04:15 - 6:00 pm Basketball
06:00- 8:00 p.m. Badminton (reserved court time)

Wednesday

08:30 - 09:30 a.m. Core & More
10:00 - 1:00 p.m. Badminton
01:15- 02:15 p.m. I believe I can Fly Class
3:00 - 4:00 p.m. Trainer Instruction
04:15- 06:00 p.m. Basketball
06:00 - 8:45 p.m. Pickleball Orientation

Thursday

09:00-10:00 a.m. Balance, Bend, Build
10:00 - 1:00 p.m. Open Gym
1:00 - 4:00 p.m. Table Tennis
04:15 - 06:15 p.m. Basketball
06:15- 08:45 p.m. Badminton

Friday

08:30 - 09:30 a.m. Core & More
09:45-10:45 a.m. Tai Chi Practice
11:00- 12:00 p.m. Badminton (reserved court time)
12:00 - 03:00 p.m. Badminton

Saturday

9:30-12:30 p.m. Open Gym
12:30 - 02:30 p.m. Badminton
03:00 - CLOSE Open Gym

Racquetball Courts

Monday, Wednesday, Friday and Saturday 8:30 am -10:30 am Intermediate Racquetball
Tuesday, Thursday and Saturday 10:30 am - 12:30 pm Wallyball