

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
05:45 - 8:15 p.m.	Pickleball Orientation

Tuesday

09:00-10:00 a.m.	Balance, Bend, Build
10:00 - 12:00 p.m.	Table Tennis
12:00-4:15 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.	Muscle, Joints and Balance
04:15 - 5:00 p.m.	Basketball
05:45 - 8:15 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
04:00 - 06:00 p.m.	Basketball
06:15- 08:15 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 and Friday 8:30 am -10:30 am Intermediate Racquetball

Tuesday and Thursday 11 am -1 pm and Saturday 9:00 am - 11:00 pm Wallyball