

2020 Chota Gymnasium Schedule

Monday

08:00 - 9:30 a.m.	Basketball
9:45-10:45 a.m.	Tai Chi Practice
11:30-12:30 p.m.	Beginning Yoga Clinic
01:15- 04:15 p.m.	Badminton
04:30- 05:30 p.m.	Open Gym
05:45- 8:15 p.m.	Pickleball Orientation- must preregister (winter months only)

Tuesday

09:00-10:00 a.m.	Balance, Bend, Build - Chair Exercise
10:15 - 12:15 p.m.	Table Tennis
12:30-4:15 p.m.	Open Gym
04:30 - 5:45 pm	Basketball
06:00- 8:00 p.m.	Badminton (reserved court time)

Wednesday

08:45 - 09:45 a.m.	Mat Based Pilates
10:00 - 1:00 p.m.	Badminton
01:15- 02:15 p.m.	Muscle, Joints and Balance - Chair/Standing Exercise
2:30 - 4:30 p.m.	Open Gym
04:30 - 5:30 p.m.	Basketball
05:45 - 8:15 p.m.	Pickleball Orientation- must preregister (winter months only)

Thursday

09:00-10:00 a.m.	Balance, Bend, Build - Chair Exercise
11:30- 12:30 p.m.	Beginning Yoga Clinic
1:00 - 3:30 p.m.	Table Tennis
04:00 - 04:45 p.m.	BOGA (Boxing Yoga)Class
06:15- 08:15 p.m.	Badminton

Friday

08:45 - 09:45 a.m.	Mat Based Pilates
10:00-11:00 a.m.	Tai Chi Practice
11:15-12:15 p.m.	Badminton (reserved court time)
12:15-03:15 p.m.	Badminton

Saturday

8:00-12:15 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