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

1/27/2020