

Monday		
Time	Main Court	
	North	South
5:00 AM	Open Court	
5:30 AM		
6:00 AM		
6:30 AM		
7:00 AM		
7:30 AM		
8:00 AM		
8:30 AM		
8:45 AM - 9:40 AM	Open Court	LesMills BODYPUMP
10:00 AM	Open Court	
10:30 AM		
11:00 AM		
11:30 AM		
12:00 PM		
12:30 PM		
1:00 PM		
1:30 PM		
2:00 PM		
2:30 PM		
3:00 PM		
3:30 PM		
4:00 PM	Pickup Pickleball	
4:30 PM		
5:00 PM		
5:30 PM		
6:00 PM	Open Court	
6:30 PM		
7:00 PM		
7:30 PM		
8:00 PM	Open Court	
8:30 PM		
9:00 PM		
9:30 PM		

Tuesday		
Time	Main Court	
	North	South
5:00 AM	Open Court	
5:30 AM		
6:00 AM		
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		
11:30 AM		
12:00 PM		
12:30 PM		
1:00 PM	Open Court	
1:30 PM		
2:00 PM		
2:30 PM		
3:00 PM	Open Court	
3:30 PM		
4:00 PM		
4:30 PM		
5:00 PM	Open Court	
5:15 PM - 6:10 PM		
6:30 PM	Open Court	
7:00 PM		
7:30 PM		
8:00 PM		
8:30 PM		
9:00 PM		
9:30 PM		

Wednesday		
Time	Main Court	
	North	South
5:00 AM	Open Court	
5:30 AM		
6:00 AM		
6:30 AM		
7:00 AM		
7:30 AM		
8:00 AM		
8:30 AM		
9:00 AM - 9:55 AM		
9:30 AM		
10:00 AM	Open Court	
10:30 AM		
11:00 AM		
11:30 AM		
12:00 PM		
12:30 PM		
1:00 PM		
1:30 PM		
2:00 PM		
2:30 PM		
3:00 PM		
3:30 PM		
4:00 PM	Open Court	
4:30 PM		
5:00 PM		
5:30 PM		
6:00 PM	Open Court	
6:15 PM - 7:10 PM		
7:30 PM	Open Court	
8:00 PM		
8:30 PM		
9:00 PM		
9:30 PM		

Thursday		
Time	Main Court	
	North	South
5:00 AM	Open Court	
5:30 AM		
6:00 AM		
6:30 AM		
7:00 AM		
7:30 AM		
8:00 AM		
8:30 AM		
9:00 AM - 9:55 AM	Open Court	LesMills BODYPUMP
10:00 AM	Open Court	
10:30 AM		
11:00 AM		
11:30 AM		
12:00 PM		
12:30 PM		
1:00 PM		
1:30 PM		
2:00 PM		
2:30 PM		
3:00 PM		
3:30 PM		
4:00 PM	Pickup Pickleball	
4:30 PM		
5:00 PM		
5:30 PM		
6:00 PM	Open Court	
6:15 PM - 7:10 PM		
7:30 PM	Open Court	
8:00 PM		
8:30 PM		
9:00 PM		
9:30 PM		

Friday		
Time	Main Court	
	North	South
5:00 AM	Open Court	
5:30 AM		
6:00 AM		
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	Open Court	
11:30 AM		
12:00 PM - 12:55 PM	Open Court	LesMills BODYPUMP
1:00 PM	Open Court	
1:30 PM		
2:00 PM		
2:30 PM		
3:00 PM		
3:30 PM		
4:00 PM		
4:30 PM		
5:00 PM		
5:30 PM		
6:00 PM		
6:30 PM		
7:00 PM	Open Court	
7:30 PM		

Saturday		
Time	Main Court	
	North	South
7:00 AM	Open Court	
7:30 AM - 8:25 AM		
8:30 AM	Open Court	
8:45 AM - 9:40 AM		
10:00 AM - 10:55 AM	Open Court	LesMills BODYCOMBAT
11:00 AM	Open Court	
11:30 AM		
12:00 PM		
12:30 PM		
1:00 PM		
1:30 PM		
2:00 PM		
2:30 PM		
3:00 PM		
3:30 PM		
4:00 PM		
4:30 PM		
5:00 PM	Open Court	
5:30 PM		
6:00 PM		
6:30 PM		
7:00 PM	Open Court	
7:30 PM		

Sunday		
Time	Main Court	
	North	South
7:30 AM	Open Court	
8:00 AM		
8:30 AM		
9:00 AM		
9:30 AM		
10:00 AM - 10:30 AM	Open Court	LesMills BODYSTEP
10:45 AM - 11:15 AM	Open Court	LesMills CXWORX
11:30 AM	Open Court	
12:00 PM		
12:30 PM		
1:00 PM		
1:30 PM		
2:00 PM		
2:30 PM		
3:00 PM		
3:30 PM		
4:00 PM		
4:30 PM		
5:00 PM		
5:30 PM		
6:00 PM		
6:30 PM		
7:00 PM		
7:30 PM		

**Open Court Guidelines**

Organized and contact games are limited to 3x3 or less.

Shooting practice is limited to groups of three or less, sharing a basketball.

Wipe down equipment before and after each use. Court and equipment will be cleaned throughout the day.

**Pickup Pickleball Guidelines**

Nets will be set up. Bring your own paddles and balls.

The first four players to arrive may begin their first game.

If players are waiting, there is a 2-set maximum and must wait a minimum of 6' apart.

Change ends on opposite sides of the court, maintaining proper social distancing.

Pick balls up with your paddle and foot to transfer to other players.

**Session Descriptions**

LesMills BODYPUMP - A full body resistance training class utilizing a specially-designed barbell system. Achieve strength and increase lean body muscle with THE REP EFFECT™ focusing on high repetition movements

LesMills BODYSTEP - An energizing step workout using a height-adjustable step and simple movements with muscle conditioning tracks that shape and

LesMills CXWORX - A short, sharp core workout to increase functional fitness of the abdominals, mid-section, and glutes.

LesMills BODYCOMBAT - A non-contact martial arts-inspired workout based on moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung

Pickup Pickleball - A combination of tennis, badminton, and ping-pong, this fast and exciting game is played on a badminton-sized court and will be sure to bring your competitive spirit to life.