

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	Open Court	
1:00 PM		
1:30 PM		
2:00 PM		
2:30 PM	Open Court	
3:00 PM		
3:30 PM		
4:00 PM		
4:30 PM	Open Court	
5:00 PM		
5:15 PM - 6:10 PM		
6:30 PM		
7:00 PM	Open Court	
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			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	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				
8:00 PM				
8:30 PM	Open Court			
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		
8:00 PM		
8:30 PM	Open Court	
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		
1:00 PM		
1:30 PM	Open Court	
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		

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.