



CORE - OPEN GYM SCHEDULE



Monday 3/12

Bar None	9am-10am	Court 1 East
Pickle Ball	9am-12pm	Court 2
Open Gym (All Ages)	3pm-8pm	Open Courts
All Star Sports Soccer	4:30pm-5:30pm	Court 3 East
All Star Sports Tball	5:45pm-7:30pm	Court 1 West
Pickle Ball	5pm-6:30pm	Court 2
Body Pump	6:15pm-7:15pm	Court 1 East
Basketball Rental	8:00pm-10:00pm	Court 1
Open Gym (Adult 18+)	8pm-10pm	Open Courts

Tuesday 3/13

Bootcamp	5:30am-6:30am	Court 1 East
Tabata	8am-8:45am	Court 1 East
CRT	9:15am-10am	Court 1 East
Pickle Ball	9am-12pm	Court 2
Open Gym (All Ages)	3pm-8pm	Open Courts
Itty Bitty Basketball League (See Anthony for Set-up)	5:30pm-7:30pm	Court 3
Team Weight Loss	6pm-7pm	Court 1 West
Body Combat	6:45pm-7:45pm	Court 1 East
Open Gym (Adult 18+)	8pm-10pm	Open Courts
Basketball Rental	8:00pm-10:00pm	Court 3

Wednesday 3/14

Strength Embrace	8am-8:45am	Court 1 East
Body Pump	9am-10am	Court 1 East
Pickle Ball	9am-12pm	Court 2
Just For Fun Sports	11:30am-12:00pm	Court 3
Open Gym (All Ages)	3pm-8pm	Open Courts
LAC Basketball Practice	3:30pm-5pm	Court 1
Pickle Ball	5pm-6:30pm	Court 2
Body Pump	6:15pm-7:15pm	Court 1 East
Dodgeball and Pizza	6pm-8pm	Court 3
Men's League Basketball	8pm-10pm	Court 1
Men's League Basketball	7pm-10pm	Courts 2
Open Gym (Adult 18+)	8pm-10pm	Court 1 Only
Open Gym Free for Residents 3pm-6pm		
No Open Gym from 7:15pm-8pm due to programming.		

Thursday 3/15

Tabata	8am-8:45am	Court 1 East
CRT	9am-10am	Court 1 East
Pickle Ball	9am-12pm	Court 2
Open Gym (All Ages)	3pm-8pm	Open Courts
Kids First Dodge Ball	5pm-6pm	Court 2 West
Team Weight Loss	6pm-7pm	Court 1 West
Lemont Jr. Women's Club	7pm-10pm	Court 2
Lightning Batting Cage Rental	7:30pm-9:30pm	Court 3
Open Gym (Adult 18+)	8pm-10pm	Open Courts

Friday 3/16

Power Cardio	9:15am-10am	Court 1 East
Pickle Ball	9am-12pm	Court 2
Open Gym	3pm-8pm	Open Courts
Futsal Practice	7pm-8:30pm	Courts 3
Open Gym (Adult 18+)	8pm-10pm	Open Courts

Saturday 3/17

Open Gym (All Ages)	8am-8pm	Open Courts
Bootcamp	8:00am-9:00am	Court 1
Zumba	9:15am-10:15am	Court 1 East
All Star Sports Soccer	10:00am-11:45am	Court 3 East
Stroller Strides	10:15am-11:15am	Courts 2

Sunday 3/18

Open Gym (All Ages)	8am-8pm	Open Courts
Adult Volleyball Open Gym	10:30am-12:30pm	Court 2
Pickle Ball	5pm-8pm	Court 2
Batting Cage Rental	6:30pm-8:00pm	Court 3

Open Gym Free for Residents 9am-12pm

Additional Information

Core Members - Courts can be used anytime they are available & during age appropriate Open Gym times. No supervision is required for CORE Members.
Open Gym Pass Holders - Can use pass during the age appropriate Open Gym times. Can also participate during CORE Member only times as long as CORE Member is directly supervising them. Supervision is always required.
Walk-ins - Have access to the field house during age appropriate Open Gym posted times only. Supervision is always required.
Open Gym Sessions - Each Open Gym session will require a payment/check-in for each session listed.

Schedule is subject to change