



GYM SCHEDULE

KEMPSVILLE RECREATION CENTER

October 2021

DAY	TIME	PROGRAM	GYM #
MONDAY	5:00 am – 7:15 am	Sunrise Basketball (18 & up)	1
	5:00 am – 7:15 am	Open Gym	2
	7:15 am – 9:30 am	Open Gym	1 & 2
	9:30 am – 10:00 am	TR Ability Builders	2
	9:30 am – 10:00 am	Open Gym	1
	10:00 am – 11:30 am	Open Gym	1 & 2
	11:30 am – 12:00 pm	Early Childhood	2
	11:30 am – 12:00 pm	Open Gym	1
	12:00 pm – 4:00 pm	Open Gym (full court games Gym #2 only)	1 & 2
	4:00 pm – 5:00 pm	OST After School	2
	4:00 pm – 5:30 pm	Open Gym	1
	5:45 pm – 6:00 pm	Adult Basketball Sign ups (Passes handed out 5:15 pm)	Gym Entrance #2
6:00 pm – 8:00 pm	Adult Basketball (18 & up)	1 & 2	
TUESDAY	5:00 am – 9:30 am	Open Gym	1
	5:00 am – 11:45 am	Pickleball (ages 18 & up)	2
	9:30 am – 11:30 am	Group Fitness Class	1
	12:00 pm – 3:30 pm	Open Gym (full court games Gym #2 only)	1 & 2
	3:30 pm – 4:00 pm	TR Champions	2
	3:30 pm -4:00 pm	Open Gym	1
	4:00 pm -8:00 pm	Open Gym (full court games Gym #2 only)	1 & 2
WEDNESDAY	5:00 am – 7:15 am	Sunrise Soccer (18 & up)	1
	5:00 am – 7:15 am	Open Gym	2
	7:30 am – 9:30 am	Open Gym	1 & 2
	9:30 am – 11:00 am	Group Fitness Class	1
	9:30 am – 11:30 am	Open Gym	2
	11:00 am – 12:00 pm	Open Gym	1
	11:30 am – 12:00 pm	Early Childhood	2
	12:00 pm – 4:00 pm	Open Gym (full court games Gym #2 only)	1 & 2
	4:00 pm – 5:00 pm	OST After School	2
	4:00 pm – 5:30 pm	Open Gym	1
	5:45 pm – 6:00 pm	Adult Basketball Sign ups (Passes handed out 5:15 pm)	Gym Entrance #2
6:00 pm – 8:00 pm	Adult Basketball (18 & up)	1 & 2	
THURSDAY	5:00 am – 11:45 am	Pickleball (ages 18 & up)	2
	5:00 am - 8:30 am	Open Gym	1
	9:00 am – 11:45 am	Pickleball (ages 18 & up)	1 & 2
	12:00 pm – 8:00 pm	Open Gym (full court games Gym #2 only)	1 & 2
FRIDAY	5:00 am – 11:30 am	Open Gym	1 & 2
	11:30 am – 12:00 pm	Early Childhood	2
	11:30 am – 12:00 pm	Open Gym	1
	12:00 pm – 3:30 pm	Open Gym (full court games Gym #2 only)	1 & 2
	3:30 pm – 4:00 pm	TR Champions	2
	3:30 pm -5:00 pm	Open Gym	1
	4:00 pm – 5:00 pm	OST After School	2
5:00 pm – 8:00 pm	Open Gym (full court games Gym #2 only)	1 & 2	
SATURDAY	9:00 am – 12:00 pm	Open Gym	1
	9:00 am – 11:45 am	Pickleball (ages 14 & up)	2
	12:00 pm – 4:45 pm	Open Gym (full court games Gym #2 only)	1 & 2
SUNDAY	11:00 am – 1:00 pm	Badminton (ages 14 & up)	1
	11:00 am – 1:30 pm	Closed for Center programming	2
	1:30 pm – 4:45 pm	Open Gym (full court games Gym #2 only)	1 & 2

SCHEDULE SUBJECT TO CHANGE