

Louisville Recreation Center Gym

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
	North	South	North	South	North	South	North	South	North	South	North	South	North	South	
6:00 AM	BOOT CAMP			TRX	BOOT CAMP			TRX	BOOT CAMP						6:00 AM
7:00 AM		TRX				TRX				TRX					7:00 AM
8:00 AM	OPEN GYM		OPEN GYM				OPEN GYM				OPEN GYM				8:00 AM
9:00 AM									Camp				PICKLEBALL		9:00 AM
10:00 AM	Camp		Camp			OPEN GYM		Camp		Camp	PICKLE BALL				10:00 AM
11:00 AM						OPEN GYM									11:00 AM
12:00 PM															12:00 PM
1:00 PM															1:00 PM
2:00 PM	Camp		PICKLEBALL			OPEN GYM		Camp		OPEN GYM	OPEN GYM		OPEN GYM		2:00 PM
3:00 PM															3:00 PM
4:00 PM	OPEN GYM		OPEN GYM				OPEN GYM								4:00 PM
5:00 PM															5:00 PM

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			TRX					
6:00 PM								6:00 PM
7:00 PM								7:00 PM
			ADULT DROP IN BASKETBALL					
8:00 PM								8:00 PM
9:00 PM								9:00 PM

KEY

FITZONE	PROGRAM
DROP IN	BOOKED

Boot Camp, TRX, Pickleball, and adult basketball are all drop-in activities included with admission.

"Rec Programs" and "Booked" indicates there is no availability .