



Open Gym Schedule



Location/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Irvine						
7:00 am	Adult Open Gym		Adult Open Gym		Adult Open Gym	
8:00 am			Adult Open Gym			
9:00 am						Combined Open Gym
3:00pm					Combined Open Gym	
4:00 pm			Junior Open Gym		Combined Open Gym	
5:00 pm	Combined Open Gym	Combined Open Gym	Combined Open Gym	Combined Open Gym		
6:00 pm	Combined Open Gym	Junior Open Gym	Combined Open Gym	Junior Open Gym		
7:00 pm	Combined Open Gym	Junior Open Gym		Junior Open Gym		

Adult Open Gym- This time slot is open to clients 18+ that have done their initial assessment

Junior Open Gym- This time slot is open to clients 11-18 that have done their initial assessment

Combined Open Gym- This time slot is open to all clients 11+ that have done their initial assessment

Effective: 1/1/2026