



Open Gym Schedule



Location/Time

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Irvine	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am	Adult Open Gym				Adult Open Gym	
8:00 am			Adult Open Gym			Adult Open Gym
9:00 am						Combined Open Gym
3:00pm					Combined Open Gym	
4:00 pm						
5:00 pm	Adult Open Gym	Adult Open Gym		Adult Open Gym		
6:00 pm	Adult Open Gym	Junior Open Gym		Junior Open Gym		
7:00 pm	Junior 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 10-18 that have done their initial assessment

Combined Open Gym- This time slot is open to all clients 10+ that have done their initial assessment