

Ascension Borgess Health & Fitness - GYM SCHEDULE Effective Nov - Dec 2024

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY			
Back	Front	Back	Front	Back	Front	Back	Front	Back	Front	Back	Front	Back	Front		
<p><i>*court sharing is mandatory during open times</i></p> <p>Closed</p> <p>Member Only Time</p> <p>Family Time</p> <p>Closed</p> <p><i>*No full court basketball allowed outside of designated times</i></p> <p><i>*2 pickleball nets max outside of designated times</i></p>		GX													
													Closed		
					Healthy Steps				Healthy Steps				GX	Member Only Time	
				GX	<p>9:30</p> <p>Novice Pickleball</p>			<p>9:30</p> <p>Novice Pickleball</p>				GX			
			GX			GX				GX				GX	
			GX		Novice Pickleball		GX		Novice Pickleball				GX		
			12:15 Pickleball				12:15 Pickleball				12:15 Pickleball				
			<i>*SW Court will be reserved for novice players</i>		Basketball		<i>*SW Court will be reserved for novice players</i>		Basketball		<i>*SW Court will be reserved for novice players</i>			Member Only Time	
				Performance Athletic		Performance Athletic		Performance Athletic		Performance Athletic		Performance Athletic		Performance Athletic	
		Member Only Time			Member Only Time				Member Only Time				Member Only Time		
		GX													
		Basketball		Best Damn Volleyball		Basketball		Best Damn Volleyball		Family Time			<i>*GX instructors can take over the space 20 min before class to prep</i>		
		Basketball		Best Damn Volleyball		Basketball		Best Damn Volleyball		Family Time					
		Closed													