WISCASSET COMMUNITY CENTER

Gym Schedule May 2023

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	5:00 - 7:30 am Open Gym	5:30 - 6:30 am PiYO	5:00 - 7:30 am Open Gym	5:30 - 6:30 am AM Mix	5:00 - 7:30 am Open Gym	**Closed**	**Closed**
5:30 AM							
6:00 AM							
6:30 AM		Open Gym		Open Gym			
7:00 AM						7:00-8:15a PiYO	
7:30 AM	7:30 - 9:30 am Pickle Ball Pick-up	7:30 - 9:30 am Pickle Ball Pick-up	7:30 - 9:30 am Pickle Ball Pick-up	7:30 - 9:30 am Pickle Ball Pick-up	7:30 - 9:30 am Pickle Ball Pick-up	Karate 8:00 - 10:00a	
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM	9:30 - 4:30 pm Open Gym	9:30 - 8:00 pm Open Gym	9:30 - 8:00 pm Open Gym	9:30 - 8:00 pm Open Gym	10:00 - 11:00 am Zumba Gold	Open Gym 10:00 - 4:00 pm	**Closed**
10:00 AM							
10:30 AM							
11:00 AM					Open Gym 11:00 - 8:00 pm		**Closed**
11:30 AM							
12:00 PM							
12:30 PM						**1/2 gym closed 1-3p on 5/13 for private party**	**Closed**
1:00 PM			1:00 - 5:30 ASA 1/2 Gym				
1:30 PM							
2:00 PM							
2:30 PM	2:30 - 5:30 ASA 1/2 Gym; 1/2 Open Gym	2:30 - 5:30 ASA 1/2 Gym; 1/2 Open Gym	Open 1/2 Gym	2:30 - 5:30 ASA 1/2 Gym; Open 1/2 Gym	2:30 - 5:30 ASA 1/2 Gym; Open 1/2 Gym		**Closed**
3:00 PM							
3:30 PM							
4:00 PM						**Closed**	
4:30 PM	Karate 4:30 -6:30						
5:00 PM							
5:30 PM		5:30-6:30p Zumba		Karate 5:30 -7:00		**Closed Rentals Available** Inquire at the FRONT DESK!	
6:00 PM	1/2 Open Gym		6:00 -7:00 PiYO				
6:30 PM	1/2 Open Gym						
7:00 PM							
7:30 PM							
8:00 PM	**CLOSED**	**CLOSED**	**CLOSED**	**CLOSED**	**CLOSED**		**CLOSED**

Please watch for gym closures and schedule updates - All Gym times are SUBJECT TO CHANGE

Pickleball - Monday - Friday mornings from 7:30 - 9:30 am

ASA 1/2 Gym times will depend on the weather.

Fitness Classes offered in our gymnasium. See also the Fitness Class Schedule.

SPRING/SUMMER HOURS - starting May 1st

Monday - Friday	5:00 am - 8:00 pm
Saturday	7:00 am - 4:00 pm
Sunday	Closed for Season

www.wiscassetrec.com