

WISCASSET COMMUNITY CENTER

Gym Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00	5:00 - 7:30 am Open Gym		5:00 - 7:30 am Open Gym		5:00 - 7:30 am Open Gym	Closed	
5:30		Open Gym		5:30 - 6:30 am AM Mix			
6:00				Open Gym			
6:30							
7:00		5:00 - 7:30p					
7:30	7:30 - 9:30 am	7:30 - 9:30 am	7:30 - 9:30 am	7:30 - 9:30 am	7:30 - 9:30 am	7:00-8:15a PiYO	
8:00	Pickle Ball	Pickle Ball	Pickle Ball	Pickle Ball	Pickle Ball	Youth Basketball Times vary, please call ahead for open gym Month of Jan	
8:30	Pick-up	Pick-up	Pick-up	Pick-up	Pick-up		
9:00	3 courts or 4 courts at WMHS Tennis Courts	3 courts or 4 courts at WMHS Tennis Courts	3 courts or 4 courts at WMHS Tennis Courts	3 courts or 4 courts at WMHS Tennis Courts	3 courts or 4 courts at WMHS Tennis Courts		
9:30							
10:00	Open Gym Please call ahead for up to date info 10:00 - 2:30p	Senior Flex & Mobility 10:00 - 11:00a	Open Gym Please call ahead for up to date info 10:00 - 2:30p	Senior Flex & Mobility 10:00 - 11:00a	10:00 - 11:00 am Zumba Gold		
10:30		Open Gym Please call ahead for up to date info 11:00 - 2:30p		Open Gym Please call ahead for up to date info 11:00 - 2:30p	Open Gym Please call ahead for up to date info 11:00 - 2:30p		Open Gym Please call ahead for up to date info 11:00 - 2:30p
11:00							
11:30							
12:00							
12:30							
13:00							
13:30							
14:00							
14:30		WMHS JV Pract 2:45 - 4:00p	WMHS JV Pract 2:45 - 4:00p	WMHS JV Pract 2:45 - 4:00p	WMHS JV Pract 2:45 - 4:00p	WMHS JV Pract 2:45 - 4:00p	
15:00	Month of Jan	Month of Jan	Month of Jan	Month of Jan	Month of Jan		
15:30							
16:00	4:00 - 5:00 pm	4:00 - 5:00 pm	4:00 - 5:00 pm	4:00 - 6:00 pm	4:00 - 6:00 pm	Closed	
16:30	Open Gym Karate	Open Gym (half)	Open Gym (half)	Open Gym (half)	Open Gym (half)		
17:00	Monday Night 5:00 - 10:00	4:30 - 6:30 1/2 gym	PeeWee Bball Pract 5:00 - 6:00p	Mites Bball Practice 5:00 - 6:00p			
17:30					(\$ Karate		
18:00		Ced Chal 6:30 - 7:30	Minors Bball Pract 6:00 - 7:00	6:00 - 7:00 PiYO 1/2 gym	Wake-up 4:30 - 7:00 6:00-7:30p 1/2 gym		Ced Chal 6:30 - 7:30
18:30							
19:00			Adult Pick-up Basketball (\$) 7:00 - 8:30p		Fitclass(\$) w/ Cedric		Adult Pick-up Basketball (\$) 7:00 - 8:30p
19:30							
20:00							
20:30							
	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

Gym times will depend on any special events / rentals scheduled as well!

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



Monday - Thursday 5:00 am - 8:30 pm
 Friday 5:00 am - 8:00 pm
 Saturday 7:00 am - 4:00 pm
 Sunday 1:00 pm - 5:00 pm



www.wiscassetrec.com