

WISCASSET COMMUNITY CENTER

Gym Schedule September 1st - September 30th, 2023

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
5:00	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 Rentals Available			
5:30								Open Gym	Open Gym	Open Gym
6:00		7:30 - 9:30 am Pickle Ball		7:30 - 9:30 am Pickle Ball						
6:30								Pick-up Half Court	Pick-up Half Court	Pick-up Half Court
7:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym 8:30 - 2:00 pm					
7:30										
8:00										
8:30										
9:00										
9:30										
10:00										
10:30										
11:00										
11:30										
12:00	9:30 - 4:30 1/2 Open Gym	2:30 - 5:30 ASA 1/2 Gym	9:30 - 8:30 1/2 Open Gym	2:30 - 5:30 ASA 1/2 Gym	9:30 - 8:30 1/2 Open Gym	2:30 - 5:30 ASA 1/2 Gym	11 - 8:00 Open 1/2 Gym			
14:30										
15:00	Karate 4:30 - 6:30	1/2 Open Gym	5:30-6:30p Zumba	6:00 - 7:00 PiYO	Karate 5:30 - 7:00	Closed Rentals Available Inquire at the FRONT DESK!				
16:00										
16:30	Cedric's Challenge 6:30-7:30p	5:30-8:30 Adult Pickup Bball	WMHS Bball Clinics	Cedric's Challenge 6:30-7:30p	Adult Pickup Bball					
17:00										
17:30	Cedric's Challenge 6:30-7:30p	5:30-8:30 Adult Pickup Bball	WMHS Bball Clinics	Cedric's Challenge 6:30-7:30p	Adult Pickup Bball					
18:00										
18:30	Cedric's Challenge 6:30-7:30p	5:30-8:30 Adult Pickup Bball	WMHS Bball Clinics	Cedric's Challenge 6:30-7:30p	Adult Pickup Bball					
19:00										
19:30	Cedric's Challenge 6:30-7:30p	5:30-8:30 Adult Pickup Bball	WMHS Bball Clinics	Cedric's Challenge 6:30-7:30p	Adult Pickup Bball					
20:00										
	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.



Monday - Thursday 5:00 am - 8:30 pm
 Friday 5:00 am - 8:00 pm
 Saturday 7:00 am - 2:00 pm
 Sunday CLOSED



WMHS Basketball Clinics throughout the month of September - Tuesday evenings after Zumba

www.wiscassetrec.com