



Stamford

GYMNASIUM SCHEDULE

*EFFECTIVE OCT 19th

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6AM-7:30AM	Badminton HALF	Badminton HALF	Badminton HALF	Badminton HALF	Badminton HALF	
7:30AM – 8AM	GYM CLOSED FOR CLEANING	GYM CLOSED FOR CLEANING	GYM CLOSED FOR CLEANING	GYM CLOSED FOR CLEANING	GYM CLOSED FOR CLEANING	
8AM – 10:30AM	OPEN BASKETBALL HALF	OPEN BASKETBALL HALF	OPEN BASKETBALL HALF	OPEN BASKETBALL HALF	OPEN BASKETBALL HALF	FAMILY GYM FULL
10:30AM-12PM	OPEN BASKETBALL HALF	OPEN BASKETBALL HALF	OPEN BASKETBALL HALF	OPEN BASKETBALL HALF	OPEN BASKETBALL HALF	Zumba W/ Sandra Full
12:15PM-1:15PM	Zumba W/ Sandra Half	Zumba W/ Sandra Half	Zumba W/ Sandra Half	Zumba W/ Sandra Half	OPEN BASKETBALL HALF	OPEN BASKETBALL Full
1PM-2PM	YOGA W/ VIKI (STUDIO)	GYM CLOSED FOR CLEANING	GYM CLOSED FOR CLEANING	GYM CLOSED FOR CLEANING	YOGA W/ VIKI (STUDIO)	
1:30PM-5:30PM	OPEN BASKETBALL HALF	OPEN BASKETBALL HALF	OPEN BASKETBALL HALF	OPEN BASKETBALL HALF	OPEN BASKETBALL HALF	<ul style="list-style-type: none"> • Facility Operating Hours: (Covid-19) Monday – Friday 6am – 7pm Saturday 8am – 3pm Sunday Closed
5:30pm – 6pm	GYM CLOSED FOR CLEANING	GYM CLOSED FOR CLEANING	GYM CLOSED FOR CLEANING	GYM CLOSED FOR CLEANING	GYM CLOSED FOR CLEANING	
6PM-7PM	Zumba W/ Franci Half	OPEN BASKETBALL HALF	Zumba W/ Franci Half	OPEN BASKETBALL HALF	OPEN BASKETBALL HALF	
6PM-7PM	OPEN BASKETBALL HALF		OPEN BASKETBALL HALF			

*GYM WILL CLOSE 15 MIN PRIOR TO CLOSING

IMPORTANT INFORMATION

NO food or drinks allowed in the gymnasium.
(Capped water bottles only)

NO profanity arguing or fighting.

Please be respectful of the schedule and sharing of court space.

If you choose not to abide by these guidelines, membership privileges may be revoked.

NO one under 12 without adult supervision

*This Schedule is subject to change without notice * The Gymnasium is subject to close without prior notice