



OPEN GYM HOURS:

AGE: 18+ 8AM-11PM AGE: 5-17 11AM-5PM AGE: 13+ 5PM- 8PM Weight Room Hours: 18+ only M-TH 8-12PM 5-8PM FRI: 8-12

FRI: 8-12 SAT: 9-1:30 SUN: CLOSED

Monday

nday Tuesday

	EVENT	AGE RANGE		EVENT	AGE RANGE
8:00	Weight room (8am-12pm)	18+	8:00	Weight room (8am-12pm)	18+
9:00	Community Coffee Hour	18+	9:00	Community Coffee Hour	55+
10:00	Adult Open Gym	55+	10:00	Adult Open Gym	55+
11:00	Adult Open Gym	18+	11:00	Adult Open Gym	18+
12:00	Adult Open Gym	18+	12:00	Adult Game Room	18+
1:00	Adult Arts and Crafts	18+	1:00	TR Program Open Gym	18+
2:00	Final Hour of Adult Open Gym	18+	2:00	TR Program Weight Room	18+
3:00	After School Hours Begin	5-17	3:00	After School Hours Begin	5-17
4:00	Youth Open Gym	5-17	4:00	Youth Open Gym	5-17
5:00	Arts and crafts Commence	5-17	5:00	Youth Game Room Commence	5-17
6:00	Arts and Crafts / Open Gym	5-17	6:00	Youth Lego Builders	5-17
7:00	Arts and crafts / Open Gym	5-17	7:00	Youth Open Gym	5-17
8:00	Closed	All Inclusive	8:00	Closed	All Inclusive
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Wednesday

	EVENT	AGE RANGE
8:00	Weight room (8am-12pm)	18+
9:00	Community Coffee Hour	18+
10:00	Adult Open Gym	55+
11:00	Center Yoga	18+
12:00	Center yoga	18+
1:00	Adult Open Gym	18+
2:00	Final Hour of Adult Open Gym	18+
3:00	CKYO instrument classes begin 3:30	5-17
4:00	Youth Open Gym	5-17
5:00	Arts and Crafts/ Open Gym	5-17
6:00	Arts and Crafts/ Open Gym	5-17
7:00	Art/ Game room/ Open Gym	5-17
8:00	Closed	All Inclusive

Friday

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	EVENT	AGE RANGE	
8:00	Weight room (8am-12pm)	18+	8:00
9:00	Community Coffee Hour	18+	9:00
10:00	Center Yoga	55+	10:00
11:00	Center Yoga	18+	11:00
12:00	Adult Open Gym	18+	12:00
1:00	Adult Open Gym	18+	1:00
2:00	Adult Game Room Hour/ Open Gy	m 18+	2:00
3:00	CKYO instrument classes begin 3:3	0p 5-17	3:00
4:00	Youth Game Room Hour / Open Gy	ym 5-17	4:00
5:00	Friday Movie Night	5-17	5:00
6:00	Friday Movie Night	5-17	
7:00	Closed	All Inclusive	

Thursday

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EVENT	AGE RANGE				
Weight room (8am-12)	18+				
Community coffee Hour	18+				
Adult Open Gym	55+				
Adult Open Gym	18+				
Adult Game Room	18+				
TR Program Open Gym	18+				
TR Program Weight Room	18+				
After School Hours Begin	5-17				
Youth Open Gym	5-17				
Youth Game Room Commence	18+				
Youth Board Games	5-17				
Youth Open Gym	5-17				
Closed	All Inclusive				
	EVENT Weight room (8am-12) Community coffee Hour Adult Open Gym Adult Open Gym Adult Game Room TR Program Open Gym TR Program Weight Room After School Hours Begin Youth Open Gym Youth Game Room Commence Youth Board Games Youth Open Gym				

Saturday/Sunday

	EVENT	AGE RANGE
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0	Open gym Saturday (9-2) open gym S	unday 40+ (9-12)
0	CKYO instrument classes begin	
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0	Dunbar Center will be closed:	
0	Monday, January 1,2024 and January	15, 2024
0	For New Year's and MLK Holiday	
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