



## Cleveland Clinic Akron General Health & Wellness Center, Green

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM							
7:00 AM	Non-Dependent Open Gym	Non-Dependent Open Gym	Non-Dependent Open Gym	Non-Dependent Open Gym	Non-Dependent Open Gym	Non-Dependent Open Gym	Non-Dependent Open Gym
8:00 AM							
9:00 AM	Dependent Hours 9:00 to 11:00AM Group Exercise 9:00 to 10:15AM	Dependent Hours 9:00 to 11:00AM Group Exercise 9:00 to 10:15AM	Dependent Hours 9:00 to 11:00AM	Dependent Hours 9:00 to 11:00AM Group Exercise 9:00 to 10:15AM	Dependent Hours 9:00 to 11:00AM Group Exercise 9:00 to 10:15AM	Group Exercise 8:15-9:15AM	Dependent Hours 9:00AM-12:00PM
10:30 AM	Full Court Open Pickle Ball (A) 10:30 to 12:15 PM	Life Fit 10:30 – 11:30	Full Court Open Pickle Ball (A) 10:30 to 12:15 PM	Life Fit 10:30 – 11:30	Full Court Open Pickle Ball (A) 10:30 to 1:00 PM	Dependent Hours 9:00AM-6:00PM	
12:00 PM		Non-Dependent Open Gym		Non-Dependent Open Gym			
12:15 PM	Half-Court (B) Sports Performance 12:15 – 12:30 PM	Half-Court (B) Sports Performance 12:15 – 12:30PM	Non-Dependent Open Gym	Half-Court (B) Sports Performance 12:15 – 12:30 PM		Half-Court (B) Pickle Ball 12:30 – 2:30 PM	Pickup Basketball 12:00-2:00 PM
12:30 PM							
1:00 PM	Right Fit 1:00 – 2:00PM	Non-Dependent Open Gym	Right Fit 1:00 – 2:00PM	Non-Dependent Open Gym	Non-Dependent Open Gym		Pickleball 101 Classes 2:00-3:00PM
2:00 PM							
3:00 PM	Dependent Hours 3:00 to 5:30PM	Dependent Hours 3:00 to 5:30PM	Dependent Hours 3:00 to 5:30PM	Dependent Hours 3:00 to 5:30PM	Dependent Hours 3:00 to 6:00PM	Dependent Hours 9:00AM-6:00PM	Full Court (A) Pickle Ball 3:00 to 5:00PM
3:30 PM	Half-Court (B) Sports Performance 3:30-4:00PM 5:00-6:00PM	Half-Court (B) Sports Performance 3:30-4:00PM 5:00-6:00PM	Half-Court (B) Sports Performance 3:30-4:00PM 5:00 – 6:00PM	Half-Court (B) Sports Performance 3:30 to 4:00PM 5:00 – 6:00PM	Half-Court (B) Sports Performance 3:30 to 4:00PM 5:00 – 6:00PM		
5:00 PM							Dependent Hours 5:00-6:00PM
6:00 PM	Group Exercise 6:15 to 7:30PM	Group Exercise 6:00 to 7:15PM	Half-Court (B) Pickle Ball 6:30 – 7:30PM	Group Exercise 6:00 to 7:15PM	Dependent Hours 6:00 to 10:00PM		
7:00 PM	Dependent Hours 7:00 to 10:00PM	Pickup Basketball 7:15-9:15PM	Pickleball 101 Classes 7:30-8:30PM	Dependent Hours 7:00 to 10:00PM			
8:00 PM-10:00 PM			Dependent Hours 7:00 to 10:00PM				

\*\*\*Scheduled Program events are only to be performed during the Scheduled Gymnasium times