

Cincinnati Sports Club Rec Gym Schedule

	MON	TUE	WED	THURS	FRI	SAT	SUN	
5:00 AM	Rental Time Available	Rental Time Available	Rental Time Available	Rental Time Available	Rental Time Available			
5:30 AM								
6:00 AM								
6:30 AM								
7:00 AM								
7:30 AM						Rental Times Available		
8:00 AM								
8:30 AM								
9:00 AM	Kids Fit 9:00-9:50							
9:30 AM						Basic Training 9:15-10:15		
10:00 AM							Jr. Fitness 10:00-10:50	
10:30 AM	Rental Time Available							
11:00 AM						Rental Times Available		
11:30 AM								
12:00 PM								
12:30 PM								
1:00 PM							Birthday Parties	Birthday Parties
1:30 PM								
2:00 PM							Rental Times Available	Rental Times Available
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM	Birthday Parties					Birthday Parties		
4:30 PM							Kids Fit 4:30-5:15	
5:00 PM								
5:30 PM	5:30-6:15							
6:00 PM	Taekwondo 6:00-7:30pm	Taekwondo 6:00-7:00pm						
6:30 PM								
7:00 PM	Rental Time Available	Rental Time Available	Rental Time Available	Rental Time Available	Rental Time Available	Rental Time Available	Rental Time Available	
7:30 PM								
8:00 PM								
8:30 PM								
9:00 PM								
9:30 PM								
10:00 PM								
10:30 PM								
11:00 PM								
11:30 PM								

Schedule is subject to change for Special Club Programming or Gym Rentals.

Open Gym: For all members. Children under the age of 12 MUST be supervised by a parent/guardian.

Jr. Fitness & Kids Fit: Half of the Rec Gym will be available for Open Play

Kids Night In: See childrens center to sign up.

Rental Time Available: Gym is available for "Open Gym Play" if there is not a rental

***Staffed Open Gym (S.O.G.):** CSC staff will supervise children under the age of 12; see Fitness Floor Staff for assistance; if there is a scheduled activity in the Rec Gym, staffed open gym will be moved to the Main Gym

Shaded Areas: Indicate times gym **MAY** be in use and unavailable for play. When not in use at these times, the gym is available for "Open Gym" play.

