

January 2024 West Field House Drop-In Programs & Open Gym

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 SKIP DAY	2 SKIP DAY	3 SKIP DAY	4 SKIP DAY	5 SKIP DAY	6 SKIP DAY
7 SKIP DAY	8 Fitness Center 6-9pm Walking Track 6-9pm Men's 35 & Older Basketball 7-8pm	9	10 Fitness Center 6-9pm Walking Track 6-9pm	11 Fitness Center 7-9pm Walking Track 7-9pm	12 SKIP DAY	13 Fitness Center 1-4pm Walking Track 1-4pm Open Gym 1-4pm
14 SKIP DAY	15 Fitness Center 6-9pm Walking Track 6-9pm Men's 35 & Older Basketball 7-8pm	16	17 Fitness Center 6-9pm Walking Track 6-9pm Men's 35 & Older Basketball 8-9pm	18 Fitness Center 7-9pm Walking Track 7-9pm	19 Fitness Center 6-9pm Walking Track 6-9pm Teen Open Gym 6-9pm	20 SKIP DAY
21 SKIP DAY	22 Fitness Center 7-9pm Walking Track 7-9pm Men's 35 & Older Basketball 7-9pm	23	24 Fitness Center 6-9pm Walking Track 6-9pm Men's 35 & Older Basketball 7-9pm	25 Fitness Center 7-9pm Walking Track 7-9pm Open Gym 8-9pm	26 Fitness Center 6-9pm Walking Track 6-9pm Teen Open Gym 6-9pm	27 SKIP DAY
28 SKIP DAY	29 Fitness Center 7-9pm Walking Track 7-9pm Men's 35 & Older Basketball 7-9pm	30	31 Fitness Center 6-9pm Walking Track 6-9pm			