

Basketball Court Schedule

Basketball

Monday/Wednesday: 5:30am - 10:00pm

Tuesday: 5:30am - 6:00pm

Thursday: 5:30am - 10:00pm

Friday: 5:30am - 6:00pm

Saturday: 8:00am - 4:00pm

- North side of the court is for all ages to shoot-around. No pick-up games when Shoot-A-Way machine is out.
- South side of the court is advised for 12 and older for shooting and pick-up games.
- The Shoot-A-Way is available until 12pm Mon.-Sat. but may be taken down early by Epic Staff based on court usage.
- Please DO NOT try to take down or move Shoot-A-Way on your own.

Pickleball

Tuesday: 6:00pm - 10:00pm

- 3 courts available open play games for all ages.

Volleyball

Friday: 6:00pm - 9:00pm

- 1 court available recommended for 14 and older co-ed open play.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	Basketball	Basketball	Basketball	Basketball	Basketball		
7:00am							
8:00am						Basketball	
9:00am							
10:00am							
11:00am							
12:00pm							
1:00pm							
2:00pm							
3:00pm							
4:00pm							
5:00pm							
6:00pm		Pickleball			Volleyball		
7:00pm							
8:00pm							
9:00pm							

Children under the age of 10 must have an adult supervising them in the gym at all times.

2022 Fall Schedule—Beginning August 15th

Multi-Purpose Court Schedule

CrossFit

Mon-Thurs: 6:00am - 7:00am | 12:00pm - 1:00pm | 5:30pm - 6:30pm | 6:30pm - 7:30pm CrossFit Upgrade Required

Volleyball

Tuesday 8:00pm - 10:00pm

Friday: 6:00pm - 9:00pm

- 1 court available recommended for all ages.

Karate

Monday & Wednesday: 6:00pm - 7:30pm

- *This is a paid activity for youth ages 5 & up*

Pickleball

Monday & Wednesday: 7:00am - 11:30am & 1:30pm - 5:00pm

Thursday: 8:00pm - 10:00pm

Friday: 5:30am - 5:00pm Saturday: 8:00am - 4:00pm

- 3 courts with open play pick-up games for all ages.

Badminton

Monday & Wednesday: 8:00pm - 10:00pm

Tuesday & Thursday: 7:00am - 11:30am & 1:30pm - 5:00pm

- 3 courts with open play for all ages.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	CrossFit	CrossFit	CrossFit	CrossFit			
7:00am							
8:00am							
9:00am	Pickleball	Badminton	Pickleball	Badminton			
10:00am							
11:00am							
12:00pm	CrossFit	CrossFit	CrossFit	CrossFit	Pickleball	Pickleball	
1:30pm							
2:00pm							
3:00pm	Pickleball	Badminton	Pickleball	Badminton			
4:00pm							
5:00pm							
5:30pm	CrossFit (E.)			CrossFit (E.)	Volleyball		
6:00pm	Karate (W.)		Karate (W.)	CrossFit			
7:30pm							
8:00pm	Badminton	Volleyball	Badminton	Pickleball			
9:00pm							

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