

# Dimple Dell Gym Schedules

Effective: 1/21/2025

East Gym	
Open Gym Times	
<b>Monday</b>	12-4 pm 8-10 pm
<b>Tuesday</b>	12-5 pm
<b>Wednesday</b>	12-4 pm
<b>Thursday</b>	12-4 pm
<b>Friday</b>	12-4 pm
<b>Saturday</b>	7-8 pm
<b>Sunday</b>	No Open Gym
Open Pickleball Play	
<b>Mon/Tue/Thu/Fri</b>	5:30 am-12 pm
<b>Wed</b>	5:30-11 am
<b>Sunday</b>	10 am-3 pm

West Gym	
Open Gym Times	
<b>Monday</b>	9 am-10 pm
<b>Tuesday</b>	5:30 am-7 pm
<b>Wednesday</b>	12-4 pm
<b>Thursday</b>	5:30 am-4 pm
<b>Friday</b>	9 am-4 pm
<b>Saturday</b>	No Open Gym
<b>Sunday</b>	No Open Gym
Open Badminton Play	
<b>Mon/Wed/Fri</b>	5:30-9 am
<b>Tuesday</b>	7-10 pm
<b>Saturday</b>	6-8 pm
<b>Sunday</b>	10 am-3 pm

Auxiliary Gym	
Open Gym Times	
<b>Monday</b>	5:30-9 am 11 am-3 pm 8-10 pm
<b>Tuesday</b>	5:30-9 am 10 am-10 pm
<b>Wednesday</b>	5:30-9 am 11 am-10 pm
<b>Thursday</b>	5:30-8 am 10 am-10 pm
<b>Friday</b>	5:30-9 am 11 am-12 pm 5-8 pm
<b>Saturday</b>	7-8 pm
<b>Sunday</b>	10 am-3 pm



## Dimple Dell Rec Center

10670 S 1000 E  
Sandy, UT 84094  
(385) 468-3355

Gym Schedule subject to change. Please contact the front desk for updates.