

# BASKETBALL SCHEDULE

## sport&health

Worldgate

13037 Worldgate Drive • Herndon, VA, 20170 • 703-709-9100 • sportandhealth.com

Hours: Monday-Friday 5am-11pm; Sat & Sun 7am-8pm

Group exercise schedules are also available online at [sportandhealth.com/classes](http://sportandhealth.com/classes).

MON	TUES	WED	THUR	FRI	SAT	SUN
<b>OPEN BASKETBALL</b> 5:00AM-6:30AM	<b>OPEN BASKETBALL</b> 5:00-11:00AM	<b>OPEN BASKETBALL</b> 5:00-6:30AM	<b>OPEN BASKETBALL</b> 5:00-11:00AM	<b>OPEN BASKETBALL</b> 5:00-6:30AM	<b>OPEN BASKETBALL</b> 7:00-10:00AM	<b>OPEN BASKETBALL</b> 7:00-10:00AM
<b>BASKETBALL Pick-Up Games</b> 6:30AM-8:30AM		<b>BASKETBALL Pick-Up Games</b> 6:30AM-8:30AM		<b>BASKETBALL Pick-Up Games</b> 6:30AM-8:30AM		
<b>OPEN BASKETBALL</b> 8:30AM-11:00AM	<b>BASKETBALL Pick-Up Games</b> 11:00AM-1:00PM	<b>OPEN BASKETBALL</b> 8:30AM-11:00AM	<b>BASKETBALL Pick-Up Games</b> 11:00AM-1:00PM	<b>OPEN BASKETBALL</b> 8:30AM-11:00AM	<b>FAMILY BASKETBALL</b> 2:00-3:30PM	<b>OPEN VOLLEYBALL</b> Ages 15+ 3:30PM-6:30PM
<b>BASKETBALL Pick-Up Games</b> 11:00AM-1:00PM		<b>BASKETBALL Pick-Up Games</b> 11:00AM-1:00PM		<b>BASKETBALL Pick-Up Games</b> 11:00AM-1:00PM		
<b>OPEN BASKETBALL</b> 1:00PM-5:30PM	<b>OPEN BASKETBALL</b> 1:00PM-5:30PM	<b>OPEN BASKETBALL</b> 1:00PM-5:30PM	<b>OPEN BASKETBALL</b> 1:00PM-5:30PM	<b>OPEN BASKETBALL</b> 1:00PM-5:30PM	<b>FAMILY BASKETBALL</b> 2:00pm-8:00PM	<b>FAMILY BASKETBALL</b> 6:30-8:00PM
<b>BASKETBALL Pick-Up Games</b> 5:30PM-8:00PM	<b>BASKETBALL Pick-Up Games</b> 5:30PM-7:30PM	<b>BASKETBALL Pick-Up Games</b> 5:30PM-7:30PM	<b>BASKETBALL Pick-Up Games</b> 5:30PM-7:30PM	<b>BASKETBALL Pick-Up Games</b> 5:30PM-7:30PM		
<b>PRIVATE EVENT</b> 8:00PM-9:30PM	<b>OPEN BASKETBALL</b> 7:30PM-11:00PM	<b>OPEN VOLLEYBALL</b> Ages 15+ 7:30-11:00PM	<b>OPEN VOLLEYBALL</b> Ages 15+ 7:30-11:00PM	<b>OPEN BASKETBALL</b> 7:30PM-11:00PM		
<b>OPEN BASKETBALL</b> 9:30PM-11:00PM						

\*Updated March 2015

**Pick-Up Games** - Full Court Pick-Up Games Only

**Open Basketball** - Open to shoot around and games

**Open Volleyball** - Open to pick-up Volleyball (15yr+) \*Members must set up & clean up Volleyball net.

**Family Basketball** - Parents with children 15 and younger (Parents must be present on the court for children 15 and under)