

# Dimple Dell Gym Schedules

Effective: 8/25/2025

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

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

Auxiliary Gym	
Open Gym Times	
Monday	5:30–9 am 11 am–3:30 pm 7:30–10 pm
Tuesday	5:30–9 am 10 am–10 pm
Wednesday	5:30–9 am 11 am–10 pm
Thursday	5:30–8 am 10 am–10 pm
Friday	5:30–9 am 11 am–2 pm 5 pm–8pm
Saturday	7 am–8 pm
Sunday	10 am–3 pm



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

**Dimple Dell Rec Center**  
 10670 S 1000 E  
 Sandy, UT 84094  
 (385) 468-3355