

# Dimple Dell Gym Schedules

Effective: 12/7/2025

East Gym	
Open Gym Times	
<b>Monday</b>	12 pm–10 pm
<b>Tuesday</b>	12 pm–5 pm
<b>Wednesday</b>	12 pm–4 pm
<b>Thursday</b>	12 pm–5 pm 9 pm–10 pm
<b>Friday</b>	12 pm–8 pm
<b>Saturday</b>	7 am–8 am 5 pm –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 am–10 am
<b>Sunday</b>	10 am–3 pm

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

Auxiliary Gym	
Open Gym Times	
<b>Monday</b>	5:30 am–9 am 11 am–3:30 pm 7:30 pm–10 pm
<b>Tuesday</b>	5:30 am–9 am 10 am–10 pm
<b>Wednesday</b>	5:30 am–9 am 11 am–10 pm
<b>Thursday</b>	5:30 am–8 am 10 am–10 pm
<b>Friday</b>	5:30 am–9 am 11 am–8pm
<b>Saturday</b>	7 am–8 am 6 pm –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.

# Dimple Dell Gym Schedules

Effective: 12/21/2025

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

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



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