

# Dimple Dell Gym Schedules

Effective: 2/8/2026

East Gym	
Open Gym Times	
Monday	12 pm-10 pm
Tuesday	12 pm-5 pm
Wednesday	12 pm-10 pm
Thursday	12 pm-5 pm 9 pm-10 pm
Friday	12 pm -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 am-10 am
Sunday	10 am-3 pm

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

Auxiliary Gym	
Open Gym Times	
Monday	5:30 am-9 am 11 am-3:30 pm 7:30 pm-10 pm
Tuesday	5:30 am-9 am 10 am-10 pm
Wednesday	5:30 am-9 am 11 am-10 pm
Thursday	5:30 am-8 am 10 am-10 pm
Friday	5:30 am-9 am 11 am-8pm
Saturday	6:30 pm -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