

# Dimple Dell Gym Schedules

Effective: 6/9/2025

East Gym	
Open Gym Times	
Monday	12-10 pm
Tuesday	12-10 pm
Wednesday	12-5:30 pm
Thursday	12-10 pm
Friday	12-8 pm
Saturday	7 am-8:30 am 3:30 pm-8 pm
Sunday	No Open Gym
Open Pickleball Play	
Mon-Fri	5:30 am-8 am
Sunday	10 am-3 pm

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

Auxiliary Gym	
Open Gym Times	
Monday	5:30-9 am 1 pm-3:30 pm 7:30 pm-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



**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.