

Dimple Dell Gym Schedules

Effective: 9/9/2025

East Gym	
Open Gym Times	
Monday	12 pm–4 pm 9 pm–10 pm
Tuesday	12 pm–5 pm 8 pm–10 pm
Wednesday	12 pm–5:30 pm
Thursday	12 pm–4 pm
Friday	12 pm–4 pm
Saturday	6 pm–8 pm
Sunday	No Open Gym
Open Pickleball Play	
Mon/Tue/Thu/Fri	5:30 am–12 pm
Wed	5:30 am–11 am
Sunday	10 am–3 pm

West Gym	
Open Gym Times	
Monday	9 am–8 pm 9 pm–10 pm
Tuesday	5:30 am–4 pm
Wednesday	12 pm–4 pm
Thursday	5:30 am–5 pm
Friday	9 am–5 pm 7 pm–8 pm
Saturday	No Open Gym
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–2 pm 5 pm–8 pm
Saturday	6 pm–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.