

The Arena at Supreme Sports Club

Schedule subject to change based on programming needs, rentals and special needs. All or part of the Arena will close for setup and breakdown up to 30 minutes before each scheduled activity. The Arena will be closed for a public roller skating session from 12:30-4:30pm on days when Howard County public schools are scheduled to be closed for a full day, with the exception of Easter, Thanksgiving, Christmas Eve and Christmas Day.

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | | | | | |
|-------------------|---|---------------------------|-----------------------------------|---|--|---|---|--|--|--|--------------------------|-----------------------------|
| 5:00am | | | | | | | | | | | | |
| 5:30am | | | | | | | | | | | | |
| 6:00am | Basic Training 5:45-6:45am | | Basic Training 5:45-6:45am | | Basic Training 5:45-6:45am | | | | | | | |
| 6:30am | | | | | | | | | | | | |
| 7:00am | <div style="text-align: center;"> <h2>Open Gym 7am-6pm</h2> <p>Please call 410-381-5355 to confirm availability.</p> </div> | | | | | Competitive Play 6:30-10am Court 1, 2, 3 | Competitive Play 6:30-10am Court 1, 2, 3 | | | | | |
| 7:30am | | | | | | | | | | | | |
| 8:00am | | | | | | | | | | | | |
| 8:30am | | | | | | | | | | | | |
| 9:00am | | | | | | | | | | | | |
| 9:30am | | | | | | | | | | | | |
| 10:00am | | | | | | Zumba® 9:30-10:25am Courts 1 & 2 | | | | | | |
| 10:30am | | | | | | | | | | | | Tae Bo® 10:15-11:15am |
| 11:00am | | | | | | | | | | | Tae Bo® 10:45-11:45am | |
| 11:30am | | | | | | | | | | | | Open Gym 11:30am-12:30pm |
| noon | | | | | | Zumba® noon-12:45pm Track closes at 12:30pm | Closed 12:30-1pm | | | | | |
| 12:30pm | | | | | | | | | | | | |
| 1:00pm | | | | | | | | | | | | |
| 1:30pm | | | | | | | | | | | | |
| 2:00pm | | | | | | Roller Skating Public Session 1-4pm | Roller Skating Public Session 1-4pm | | | | | |
| 2:30pm | | | | | | | | | | | | |
| 3:00pm | | | | | | | | | | | | |
| 3:30pm | | | | | | | | | | | | |
| 4:00pm | | | | | | | | | | | | |
| 4:30pm | | | | | | Closed 4-4:30pm | Closed 4-4:30pm | | | | | |
| 5:00pm | | | | | | | | | | | | |
| 5:30pm | | | | | | Open Gym 4:30-6:30pm Court 3 reserved for Youth 13 and younger Rentals available. Call 410-381-5355. | | | | | | |
| 6:00pm | | | Closed 5:45-6pm | | | | | | | | | |
| 6:30pm | Cardio Tone 6:30-7:30pm Court 2 & 3 | Closed 6:45-7pm | Cardio Dance Party 6-6:55pm | Closed 6:45-7pm | Closed 6:45-7pm | Closed 6:30-7pm | Open Gym begins 4:30pm Court 3 reserved for Youth 13 and younger | | | | | |
| 7:00pm | | Tae Bo® 7-7:55pm | | Tae Bo® 7-7:45pm | | | | | | | | |
| 7:30pm | | | | | | | | | | | | |
| 8:00pm | | | | | Roller Skating Public Session 7-10pm | Roller Skating Public Session 7-10pm | Rentals available. Call 410-381-5355. Schedule subject to change if rental scheduled. | | | | | |
| 8:30pm | Open Volleyball 7:30-10pm Courts 2 & 3 | Open Gym begins 8:15pm | Open Gym begins 7:15pm | Open Volleyball 8-10pm Courts 2 & 3 | | | | | | | | |
| 9:00pm | | | | | | | | | | | | |
| 9:30pm | | | | | | | | | | | | |
| 10:00pm to 4am | Open Gym | | | Open Gym | Open Gym | Open Gym | | | | | | |