

Basketball Gym Schedule – Revised 10/21/19

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 A.M.				Adult Basketball			
6:00 A.M.			Power Sculpt 5:45 to 6:45		Total Body Works 5:45 to 6:45		
6:30 A.M.							Adult Basketball
7:00 A.M.							
7:30 A.M.							
8:00 A.M.							
8:30 A.M.						Power Sculpt	
9:00 A.M.		Step & Sculpt	Power Sculpt	Step & Sculpt	Zumba 9:15 – 10:00	Box & Burn 9:45 – 10:45	Get Started 9:00 to 9:45
9:30 A.M.							
10:00 A.M.		Get Started 10:00 – 10:45		Get Started 10:00 – 10:45			
10:30 A.M.							
11:00 A.M.							
11:30 A.M.							
12:00 P.M.							
12:30 P.M.							
1:00 P.M.						Birthday Party	Birthday Party
1:30 P.M.							
2:00 P.M.							
2:30 P.M.							
3:00 P.M.							
3:30 P.M.							
4:00 P.M.		NJ BBALL Clinic		Tennis 10/10 to 11/21 4:15 to 5:30		Birthday Party	
4:30 P.M.							
5:00 P.M.							
5:30 P.M.	Dryland - Swim Team						
6:00 P.M.			Karate	Adult Basketball			
6:30 P.M.							
7:00 P.M.	Adult Basketball		Rock Steady Boxing – Full Gym				
7:30 P.M.							
8:00 P.M.							
8:30 P.M.							
9:00 P.M.							
9:30 P.M.							

Please be advised that the basketball gym closes 15 minutes before the building closes (**9:45 p.m. Monday to Friday, 7:45 on Saturday and 4:45 p.m. on Sunday**).

If you have any questions, please call the Center at 973-228-7665.

See you at the Center!

