Gym Schedule
September 10-November 5th 2016

ALL CLASSES WILL BE USING THE ENTIRE GYM

HOURS	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2
5:30							5:30-8:00 Adult Basketball		5:45-6:45 Boot Camp					
5:45														
6:00														
6:15														
6:30														
6:45														
7:00														
7:15														
7:30														
7:45														
8:00													8:00-10:00 Adult Basketball	
8:15														
8:30											8:30-9:30 Power Sculpt			
8:45														
9:00	9:00-10:30 Tiny Toddlers		9:00-10:00 Step and Sculpt		9:00-10:00 Power Sculpt		9:00-10:00 Step and Sculpt		9:00-10:00 Total Body Works					
9:15														
9:30											9:30-10:30 SSA			
9:45														
10:00			10:00-11:00 Get Started				10:00-10:45 Get Started						10:00-12:00 Youth Open Gym	10:00-12:00 Teen Open Gym
10:15														
10:30														
10:45														
11:00							11:00-12:00 Chair Yoga				11:00-12:00 Youth Open Gym			
11:15														
11:30														
11:45														
12:00														
12:15														
12:30											12:30-1:30 B-Day Parties		12:30-1:30 B-Day Parties	
12:45														
1:00					1:00-2:30 Tiny Toddlers		1:00-2:00 Soccer with Stefano							
1:15														
1:30														
1:45														
2:00														
2:15														
2:30														
2:45														
3:00					3:00-5:00 Youth Open Gym	3:00-5:00 Teen Open Gym			3:00-6:00 Youth Open Gym	3:00-6:00 Teen Open Gym	3:00-4:00 B-Day Parties		3:00-4:00 B-Day Parties	
3:15														
3:30														
3:45														
4:00	4:00-4:45 Kids Boot Camp		4:00-6:00 Basketball Clinic				4:00-5:00 Soccer with Stefano							
4:15														
4:30											4:30-5:45 Teen Open Gym			
4:45														
5:00														
5:15														
5:30														
5:45														
6:00					6:00-7:00 Karate				6:00 -9:45 Teen Open Gym					
6:15														
6:30	6:30-9:45 Adult Basketball						6:30-9:45 Adult Basketball							
6:45														
7:00			7:00-8:00 SSA											
7:15														
7:30														
7:45														
8:00														
8:15														
8:30														
8:45														
9:00														
9:15														
9:30														
9:45														
	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2

GYM AVAILABLE FOR MEMBER USE WHEN NO PROGRAMMED ACTIVITIES ARE SCHEDULED

CURTAIN WILL REMAIN DOWN DURING THESE TIMES.

FOR EVERYONE'S SAFETY, PLEASE FOLLOW ALL RULES ACCORDINGLY.

THANK YOU.