



GYM SCHEDULE

July 19th - 24th

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday

5:00 A.M. - 7:30 A.M. Open Gym
7:30 A.M. - 5:00 P.M. Summer Adventures
7:30 A.M. - 5:00 P.M. 1/2 Open Gym
5:00 P.M. - 6:15 P.M. Tabata
6:15 P.M. - 8:00 P.M. Open Gym

Tuesday

5:00 A.M. - 7:30 A.M. Open Gym
7:30 A.M. - 5:00 P.M. Summer Adventures
7:30 A.M. - 5:00 P.M. 1/2 Open Gym
12:00 P.M. - 1:00 P.M. Adult Soccer
5:00 P.M. - 6:15 P.M. Re-boot!
6:15 P.M. - 8:00 P.M. Open Gym

Wednesday

5:00 A.M. - 6:00 A.M. Open Gym
6:00 A.M. - 7:00 A.M. Adult Basketball
7:30 A.M. - 5:00 P.M. Summer Adventures
7:30 A.M. - 5:00 P.M. 1/2 Open Gym
5:00 P.M. - 8:00 P.M. Open Gym

Thursday

5:00 A.M. - 7:30 A.M. Open Gym
7:30 A.M. - 5:00 P.M. Summer Adventures
7:30 A.M. - 5:00 P.M. 1/2 Open Gym
12:00 P.M. - 1:00 P.M. Adult Soccer
5:00 P.M. - 6:15 P.M. Tabata
6:15 P.M. - 8:00 P.M. Open Gym

Friday

5:00 A.M. - 6:00 A.M. Open Gym
6:00 A.M. - 7:00 A.M. Adult Basketball
7:30 A.M. - 5:00 P.M. Summer Adventures
7:30 A.M. - 5:00 P.M. 1/2 Open Gym
12:00 P.M. - 2:00 P.M. Adult Volleyball
2:30 P.M. - 5:00 P.M. 3 on 3 Youth Basketball
5:00 P.M. - 8:00 P.M. Open Gym

Saturday

7:00 A.M. - 1:00 P.M. Open Gym

Sunday

Closed (June - August)

