



GYM SCHEDULE

September 2021

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday

5:00 A.M. - 5:15 P.M. Open Gym
5:15 P.M. - 5:30 P.M. Fitness Class Setup
5:30 P.M. - 6:15 P.M. Tabata
6:15 P.M. - 8:00 P.M. Open Gym

Tuesday

5:00 A.M. - 8:15 A.M. Open Gym
8:15 A.M. - 8:45 A.M. Fitness Class Setup
8:45 A.M. - 9:30 A.M. Silver Sneakers
9:45 A.M. - 12:00 P.M. Open Gym
12:00 P.M. - 1:00 P.M. Adult Soccer
1:00 P.M. - 5:15 P.M. Open Gym
5:15 P.M. - 5:30 P.M. Fitness Class Setup
5:30 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
7:00 A.M. - 8:00 P.M. Open Gym

Thursday

5:00 A.M. - 8:15 A.M. Open Gym
8:15 A.M. - 8:45 A.M. Fitness Class Setup
8:45 A.M. - 9:30 A.M. Silver Sneakers
9:45 A.M. - 12:00 P.M. Open Gym
12:00 P.M. - 1:00 P.M. Adult Soccer
1:00 P.M. - 5:15 P.M. Open Gym
5:15 P.M. - 5:30 P.M. Fitness Class Setup
5:30 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
7:00 A.M. - 12:00 P.M. Open Gym
12:00 P.M. - 2:00 P.M. Adult Volleyball
2:00 P.M. - 8:00 P.M. Open Gym

Saturday

7:00 A.M. - 3:00 P.M. Open Gym

Sunday

8:00 A.M. - 3:00 P.M. Open Gym

