



GYM SCHEDULE

October 18 – November 30, 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. – 6:30 P.M. Tabata
6:30 P.M. – 8:00 P.M. 4th-8th Grade Basketball

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. – 8:30 A.M. Open Gym
8:30 A.M. – 10:00 A.M. 3-4 Year Old Indoor Soccer
10:00 A.M. – 3:00 P.M. Open Gym

Sunday

8:00 A.M. – 3:00 P.M. Open Gym

