



# GYM SCHEDULE

## November 12-30, 2021

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### Monday

5:00 A.M. - 8:00 A.M. Open Gym  
8:00 A.M. - 9:30 A.M. Pickleball  
9:30 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. - 6:30 P.M. Fitness Class Cleanup  
6:30 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. - 6:30 P.M. Fitness Class Cleanup  
6:30 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 A.M. Open Gym  
8:00 A.M. - 9:30 A.M. Pickleball  
9:30 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. - 6:30 P.M. Fitness Class Cleanup  
6:30 P.M. - 7:00 P.M. Open Gym  
7:00 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. - 11:00 A.M. Open Gym  
11:00 A.M. - 12:00 P.M. Cheerleading Team Practice  
12:00 A.M. - 3:00 P.M. Open Gym

### Sunday

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

