



GYM SCHEDULE

January 3-31, 2022

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 (Pickup Game)
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. - 7:00 P.M. Open Gym
7:00 P.M. - 8:00 P.M. 2nd-3rd Grade Basketball

Tuesday

5:00 A.M. - 6:00 A.M. Open Gym
6:00 A.M. - 8:00 A.M. Volleyball (Pickup Game)
8:00 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. Soccer (Pickup Game)
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. - 7:00 P.M. Open Gym
7:00 P.M. - 8:00 P.M. 7 Grade Basketball Practice

Wednesday

5:00 A.M. - 6:00 A.M. Open Gym
6:00 A.M. - 7:00 A.M. Basketball (Pickup Game)
7:00 A.M. - 8:00 A.M. Open Gym
8:00 A.M. - 9:30 A.M. Pickleball (Pickup Game)
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. Cardio Kickboxing
6:15 P.M. - 6:30 P.M. Fitness Class Cleanup
6:30 P.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. Soccer (Pickup Game)
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. Basketball (Pickup Game)
7:00 A.M. - 8:00 A.M. Open Gym
8:00 A.M. - 9:30 A.M. Pickleball (Pickup Game)
9:30 A.M. - 12:00 P.M. Open Gym
12:00 P.M. - 2:00 P.M. Volleyball (Pickup Game)
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. - 9:45 A.M. K-2nd Grade Indoor Soccer
9:45 A.M. - 11:00 A.M. 3rd-6th Grade Indoor Soccer
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

Friday, January 21st, the gym will close at 5pm and remain closed throughout Saturday, January 22nd for the GEMS Gymnastics Meet.

