

GYM SCHEDULE

<b>TIMES:</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>5:00a - 6:00a</b>	OPEN	<b>25+Basketball</b>	OPEN	<b>25+Basketball</b>	OPEN		
<b>6:00a - 7:00a</b>	<b>Boot Camp</b>	OPEN	<b>Boot Camp</b>	OPEN	<b>Tabata GX</b>		
<b>7:00a - 8:00a</b>	OPEN		OPEN		<b>Pickleball 7:00 - 8:30</b>	OPEN	OPEN
<b>8:00a - 9:00a</b>			OPEN			OPEN	<b>STT 8:00 - 9:00</b>
<b>9:00a - 10:00a</b>	<b>Boot Camp</b>	<b>Strength Train Together</b>	<b>Boot Camp</b>	<b>Strength Train Together</b>	<b>Tabata GX</b>	<b>Boot Camp 8:45-9:45</b>	<b>9:00 - 10:00 OPEN</b>
<b>10:00a - 11:00a</b>	<b>10:15 - 11:00a Silver Sneakers</b>	<b>10:15 - 11:00a Lo Impact</b>	<b>Family Gym</b>	<b>10:15 - 11:00a Lo Impact</b>	<b>LIFT</b> 10:15 - 11:00a	<b>1/2 OPEN GYM 1/2 Gymnastics</b>	<b>10:15 - 11:15 STT</b>
<b>11:00a - 12:00p</b>	OPEN	<b>11:15 - 12:00p Silver Sneakers</b>		<b>11:15 - 12:00p Silver Sneakers</b>			Family Gym 11:15a - 12:00p
<b>12:00p - 1:00p</b>	<b>25 &amp; OVER Basketball</b>	<b>Delay the Disease 12:30 - 2:00p</b>	<b>25 &amp; OVER Basketball</b>	<b>Delay the Disease 12:30 - 2:00p</b>	<b>25 &amp; OVER Basketball</b>		OPEN
<b>1:00p - 2:00p</b>							
<b>2:00p - 3:00p</b>	OPEN	<b>Pickleball 2:00 - 4:00p</b>	<b>Y Be Fit 2:00 to 3:00p</b>	<b>Pickleball 2:00 - 4:00p</b>	OPEN	OPEN or * <b>RENTAL</b>	
<b>3:00p - 4:00p</b>			OPEN				
<b>4:00p - 5:00p</b>	Family Gym	Family Gym	Family Gym	Family Gym	Family Gym	OPEN or * <b>RENTAL</b>	
<b>5:00p - 6:00p</b>	OPEN	OPEN	OPEN	OPEN	OPEN		
<b>6:00p - 7:00p</b>	OPEN	<b>20X3</b>	<b>Fencing 6:00 - 8:30p</b>	<b>Bootcamp</b>	OPEN	OPEN	
<b>7:00p - 8:00p</b>		<b>YOGA</b>		OPEN	<b>KNO</b>		
<b>8:00p - 9:30p</b>		OPEN				OPEN	

3/27/2018