

EAST GYM SCHEDULE 2017 FALL I

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30 am	MEN'S PICK UP BASKETBALL	OPEN	MEN'S PICK UP BASKETBALL	Y PUMP	MEN'S PICK UP BASKETBALL	OPEN at 6
6:30-8:30 am	OPEN		OPEN	OPEN	OPEN	Open
8:30-9:30 am	8:45 - 9:30am INTERVAL TRAINING	8:35 - 9:35am Y PUMP	8:45 - 9:30am BOOTCAMP	8:35 - 9:35am Y PUMP		
9:30-10:00am	OPEN	OPEN	OPEN	OPEN	OPEN	
10:00-11:15 am	PRESCHOOL (PENDING WEATHER)	PRESCHOOL (PENDING WEATHER)	PRESCHOOL (PENDING WEATHER)	PRESCHOOL (PENDING WEATHER)	PRESCHOOL (PENDING WEATHER)	
11:15-11:45 am	YOUTH CLASSES / CHILDCARE	YOUTH CLASSES / CHILDCARE	YOUTH CLASSES / CHILDCARE	YOUTH CLASSES / CHILDCARE	CHILDCARE (PENDING WEATHER)	
12-1pm	OPEN	OPEN	OPEN	OPEN	OPEN	
1-3:00pm		HOME SCHOOL (BOTH GYMS)				
3:00-4:00 pm	CHILDCARE	CHILDCARE/ GYMNASTICS	CHILDCARE	CHILDCARE	CHILDCARE	
4:00-5:30pm	YOUTH CLASSES	YOUTH CLASSES	YOUTH CLASSES	YOUTH CLASSES	KIDS CLUB	
5:30-6:30 pm	YPUMP	5:30-6:15 PM BOOT CAMP	YPUMP	5:30-6:15 PM BOOT CAMP	5:30-8PM OPEN	
6:30-8:30 pm	GYMNASTICS	OPEN	OPEN Until Nov. 9 WOMEN'S VOLLEYBALL STARTING NOV 8.	GYMNASTICS		Y CLOSES AT 7PM
8:30-9:00 pm				OPEN	Y CLOSES AT 8PM	

MIDDLE GYM SCHEDULE 2017 FALL I

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30 am	BOOT CAMP	TOTAL BODY COND.	BOOT CAMP	OPEN	TOTAL BODY COND.	BUILDING OPENS at 6AM OPEN at 6
6:30-7:30 am	HS DANCE TEAM	OPEN	HS DANCE TEAM		HS DANCE TEAM	
7:30-8:15 am	OPEN		OPEN		OPEN	OPEN
8:15-9:15 am	LITE COMBO			LITE COMBO		LITE COMBO
9:15-10:15 am	CHILDCARE (PENDING WEATHER)	YOGA 9am - 10am	CHILDCARE (PENDING WEATHER)	YOGA 9am - 10am	CHILDCARE (PENDING WEATHER)	
10:15-11:15am	DELAY THE DISEASE	SR. STRENGTH & CARDIO	DELAY THE DISEASE	SR. STRENGTH & CARDIO	OPEN	
11:15-1:00pm	OPEN					
1-2 pm	OPEN					
1:30-2 pm	PRESCHOOL (PENDING WEATHER)	PRESCHOOL (PENDING WEATHER)	PRESCHOOL (PENDING WEATHER)	PRESCHOOL (PENDING WEATHER)	PRESCHOOL (PENDING WEATHER)	
2 - 4:00 pm	CHILDCARE	CHILDCARE	CHILDCARE	CHILDCARE	CHILDCARE	
4:00-5:30 pm	OPEN					
5:30-6:30 pm	CARDIO DANCE	ZUMBA	CARDIO DANCE	ZUMBA	OPEN	
6:30 - 8 pm	OPEN	HS DANCE TEAM	OPEN 1/2 OPEN AS of Nov. 9	OPEN	CLOSE AT 8pm	CLOSE AT 7 pm
8- 9:30 pm		OPEN	WOMEN'S VOLLEYBALL STARTING NOV. 9			