

# EAST GYM SCHEDULE 2018 WINTER I

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30 am	OPEN	TOTAL BODY CONDITIONING	MEN'S PICK UP BASKETBALL	Y PUMP	MEN'S PICK UP BASKETBALL	OPEN (6-8am)
6:30-8:30 am			OPEN	OPEN	OPEN	
8:30-9:30 am	8:45 - 9:30am BOOT CAMP	8:35 - 9:35am Y PUMP	8:45 - 9:30am BOOTCAMP	8:35 - 9:35am Y PUMP	8:45 - 9:45am BOOTCAMP	BASKETBALL GAMES (8AM-12PM)
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 12:30-1PM				
3:00-4:00 pm	CHILDCARE	CHILDCARE/GYMNASTICS	CHILDCARE	CHILDCARE	CHILDCARE	OPEN Y CLOSES AT 7PM
4:00-5:30pm	YOUTH CLASSES	YOUTH CLASSES	YOUTH CLASSES	YOUTH CLASSES	OPEN	
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	6:30-8:30 PM YOUTH BASKETBALL	(7-9pm) WOMEN'S VOLLEYBALL	GYMNASTICS		
8:30-9:00 pm		OPEN		OPEN	Y CLOSES AT 8PM	

# MIDDLE GYM SCHEDULE 2018 WINTER I

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:30-6:30 am	BOOT CAMP	5:45-6:30AM SPINNING	BOOT CAMP	5:45-6:30AM SPINNING	BOOT CAMP	BUILDING OPENS at 6AM OPEN at 6	
6:30-7:30 am	HS DANCE TEAM	OPEN	HS DANCE TEAM	OPEN	HS DANCE TEAM		
7:30-8:15 am	OPEN		OPEN		OPEN	OPEN	7:30-8:00 AM CARDIO DANCE
8:15-9:15 am	LITE COMBO		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)	8AM-12PM	
10:15-11:15am	DELAY THE DISEASE	SR. STRENGTH & CARDIO	DELAY THE DISEASE	SR. STRENGTH & CARDIO	OPEN	BAKSETBALL GAMES	
11:15-1:00pm	12:15-12:45 ABS EXPRESS	OPEN	12:15-12:45 ABS EXPRESS	OPEN			
1-2 pm	OPEN		OPEN		OPEN		
1:30-2 pm	PRESCHOOL (PENDING WEATHER)	PRESCHOOL (PENDING WEATHER)	PRESCHOOL (PENDING WEATHER)	PRESCHOOL (PENDING WEATHER)	PRESCHOOL (PENDING WEATHER)	OPEN CLOSE AT 7 pm	
2 - 4:00 pm	CHILDCARE	CHILDCARE	CHILDCARE	CHILDCARE	CHILDCARE		
4:00-5:30 pm	1/2 of the GYM (OPEN)				KIDS CLUB		
	KIDS CLUB				OPEN		
5:30-6:30 pm	CARDIO DANCE	ZUMBA	CARDIO DANCE	ZUMBA			
6:30 - 8 pm	6:30-8:30pm YOUTH BASKETBALL	1/2 of the GYM (OPEN)	HS DANCE TEAM	1/2 of the GYM (OPEN)	6:30-8:30pm YOUTH BASKETBALL	1/2 of the GYM (OPEN)	
8- 9:30 pm	OPEN		WOMEN'S VOLLEYBALL 7-9PM	OPEN	CLOSE AT 8pm		

**\*Zumba Gold Classes take place at the Dance Studio, M&W at 9:15-10am**