

EAST GYM SCHEDULE 2018 SPRING 1

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30 am	MEN'S PICK UP BASKETBALL (5:15-6:15am)	Open	MEN'S PICK UP BASKETBALL (5:15-6:15am)	OPEN	MEN'S PICK UP BASKETBALL (5:15-6:15am)	OPEN 6am-7pm
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	
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	OPEN	YOUTH CLASSES / CHILDCARE	OPEN	CHILDCARE (PENDING WEATHER)	
12-1pm	OPEN		OPEN		OPEN	
1-3:00pm		HOME SCHOOL 12:30-1PM	OPEN		OPEN	
3:00-4:00 pm	CHILDCARE	CHILDCARE/GYMNASTICS	CHILDCARE	CHILDCARE	CHILDCARE	
4:00-5:30pm	YOUTH CLASSES	YOUTH CLASSES	YOUTH CLASSES	YOUTH CLASSES	OPEN 4-8PM	
5:30-6:30 pm	YPUMP	5:30-6:15 PM BOOT CAMP	YPUMP	5:30-6:15 PM BOOT CAMP		
6:30-8:30 pm	GYMNASTICS	OPEN	(7-9pm) WOMEN'S VOLLEYBALL	GYMNASTICS		
8:30-9:00 pm				OPEN	Y CLOSES AT 8PM	

MIDDLE GYM SCHEDULE 2018 SPRING I

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30 am	BOOT CAMP	OPEN	BOOT CAMP	TOTAL BODY CONDITIONING	BOOT CAMP	BUILDING OPENS at 6AM OPEN at 6
6:30-7:30 am						
7:30-8:15 am	OPEN		OPEN		OPEN	OPEN
8:15-9:15 am	LITE COMBO		LITE COMBO		LITE COMBO	OPEN 8am-7pm
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	OPEN		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	1/2 of the GYM (OPEN)				KIDS CLUB	
	KIDS CLUB					
5:30-6:30 pm	CARDIO DANCE	ZUMBA	CARDIO DANCE	ZUMBA	OPEN	
6:30 - 8 pm	OPEN	OPEN	1/2 of GYM (OPEN) WOMEN'S VOLLEYBALL 7-9PM	OPEN		
8- 9:30 pm						CLOSE AT 8pm

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