

EAST GYM SCHEDULE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|-------------------------------------|---------|---|----------|--|----------|
| 5:00a | 5:15 – 6:15a OPEN BASKETBALL | | 5:15 – 6:15a OPEN BASKETBALL | | 5:15 – 6:15a OPEN BASKETBALL | |
| 6:00a | | | | | | |
| 7:00a | | | | | | |
| 8:00a | 8:30 – 9:30a Y PUMP | | 8:30 – 9:30a Y PUMP | | 8:00 – 9:30a KIDS CLUB | |
| 9:00a | | | 8:00 – 9:30a KIDS CLUB | | 8:00 – 9:30a KIDS CLUB | |
| 10:00a | | | | | 8:00 – 11:00a YOUTH BASKETBALL | |
| 11:00a | | | KIDS CLUB 1/2 GYM 10:00 11:15 (NO SCHOOL DAYS) | | | |
| NOON | | | 11:15 – 11:45 CHILDCARE/YOUTH CLASS | | | |
| 1:00p | | | | | | |
| 2:00p | | | | | | |
| 3:00p | | | | | | |
| 4:00p | | | 3:15 – 4:45 GYMNASTICS (WEDNESDAY ONLY) 4:00 – 5:00p YOUTH CLASS | | | |
| 5:00p | | | | | | |
| 6:00p | 5:45 – 6:45p Y PUMP | | 5:30 – 6:15p BOOTCAMP | | 5:45 – 6:45p Y PUMP | |
| 7:00p | 5:30 – 6:15p BOOTCAMP | | 5:45 – 6:45p Y PUMP | | 5:30 – 6:15p BOOTCAMP | |
| 8:00p | 7:00 – 8:00p BASKETBALL 1/2 OPEN | | 6:30 – 7:30p BASKETBALL | | 6:30 – 7:30p BASKETBALL 1/2 OPEN | |
| 9:00p | | | 7:00 – 9:00P WOMEN'S VOLLEYBALL (NO OPEN GYM) | | SCHEDULES SUBJECT TO CHANGE WITHOUT NOTICE. | |

MIDDLE GYM SCHEDULE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---|---------|--|----------|--|----------|
| 5:00a | 5:30 – 6:30a BOOT CAMP | | 5:30 – 6:30a BOOT CAMP | | 5:30 – 6:30a BOOT CAMP | |
| 6:00a | | | | | | |
| 7:00a | | | | | | |
| 8:00a | 8:00 – 9:00a LITE COMBO | | 8:00 – 9:30a KIDS CLUB | | 8:00 – 9:00a LITE COMBO | |
| 9:00a | | | 8:00 – 9:00a LITE COMBO | | 8:00 – 9:00a LITE COMBO | |
| 10:00a | 8:00 – 9:30a KIDS CLUB | | 8:00 – 9:00a LITE COMBO | | 8:00 – 9:00a LITE COMBO | |
| 11:00a | 10:15 -- 11:15a PARKINSONS IN MOTION | | 10:15 -- 11:15a SR STRENGTH & CARDIO | | 10:15 -- 11:15a PARKINSONS IN MOTION | |
| NOON | 10:15 -- 11:15a SR STRENGTH & CARDIO | | 10:15 -- 11:15a PARKINSONS IN MOTION | | 10:15 -- 11:15a SR STRENGTH & CARDIO | |
| 1:00p | 12:15 – 12:45 CORE EXPRESS | | 12:15 – 12:45 CORE EXPRESS | | | |
| 2:00p | | | | | | |
| 3:00p | | | | | | |
| 4:00p | | | | | | |
| 5:00p | | | | | | |
| 6:00p | 5:30 – 6:30p CARDIO DANCE | | 5:30 – 6:30p CARDIO DANCE | | | |
| 7:00p | | | 7:00 – 9:00P WOMEN'S VOLLEYBALL 1/2 OPEN | | 6:30 – 7:30 YOUTH BASKETBALL 1/2 OPEN | |
| 8:00p | | | | | | |
| 9:00p | | | | | SCHEDULES SUBJECT TO CHANGE WITHOUT NOTICE. | |