

# GYMNASIUM SCHEDULE

Updated September 2019



**MON**

**TUES**

**WED**

**THURS**

**FRI**

**SAT**

**SUN**

Adult Open Gym Basketball 5:00am—7:00am	Adult Open Gym Basketball 5:00am—8:30am	Adult Open Gym Basketball 5:00am—7:00am	Adult Open Gym Basketball 5:00am—8:30am	Adult Open Gym Basketball 5:00am—7:00am	Adult Open Gym Basketball 6:00am—8:15am	Adult Open Gym Basketball 6:00am—7:45am
Total Body Cond. with Gwen 7:10am—7:55am	Boot Camp with Juan 9:00am—9:55am	Total Body Cond. with Gwen 7:10am—7:55am	Indoor Playground 9:00am—11:30am	Total Body Cond. with Gwen 7:10am—7:55am	Zumba® with Lisa 8:30am—9:30am	Insanity® with Joseph 8:00am—9:00am
Adult Open Gym Basketball 8:00am—9:00am	Adult Open Gym Basketball 10:00am—3:00pm	Adult Open Gym Basketball 8:00am—9:00am	Adult Open Gym Basketball 12:00pm—3:00pm	Adult Open Gym Basketball 8:00am—3:00pm	Pre-School Gym & Swim Classes 10:00am—12:30pm	Youth Soccer 9:00am—12:00pm <i>(registration required)</i>
Indoor Playground 9:00am—11:30am	Youth Basketball 3:00pm—5:55pm <i>(registration required)</i>	Indoor Playground 9:00am—11:30am	Youth Gymnastics 3:00pm—6:00pm <i>(registration required)</i>	Youth Gymnastics 3:00pm—7:00pm <i>(registration required)</i>	Zumba® with Michael 1:20pm—2:20pm	Family Open Court 12:00pm—2:00pm
Adult Open Gym Basketball 12:00pm—3:00pm	Insanity® With Daniel 6:00pm—6:55pm	Adult Open Gym Basketball 12:00pm—3:00pm	Teen Full Court Basketball 6:00pm—7:00pm	Teen Full Court Basketball 7:00pm—8:00pm	Family Open Court 2:30pm—5:30pm	Teen Full Court Basketball 2:00pm—4:00pm
Youth Gymnastics 3:00pm—7:00pm <i>(registration required)</i>	Adult Open Gym Basketball 7:00pm—8:15pm	Youth Gymnastics 3:00pm—7:00pm <i>(registration required)</i>	Boot Camp with Joseph 7:15pm—8:15pm	Adult Open Gym Basketball 8:15pm—11:00pm	Teen Full Court Basketball 5:30pm—7:00pm	Adult Open Gym Basketball 4:00pm—9:00pm
Boot Camp with Joseph 7:15pm—8:15pm	Co-ed Volleyball 8:30pm—11:00pm	Teen Full Court Basketball 7:00pm—8:00pm	Co-ed Volleyball 8:30pm—11:00pm		Adult Open Gym Basketball 7:00pm—9:00pm	
Adult Open Gym Basketball 8:30pm—11:00pm		Adult Open Gym Basketball 8:15pm—11:00pm				