

GYMNASIUM SCHEDULE

Prospect Park – Winter I 2023 (January 2 – February 26)



MON	TUES	WED	THURS	FRI	SAT	SUN
Adult Open Gym 6:00am-9:05am	Adult Open Gym 6:00am-9:20am	Adult Open Gym 6:00am-8:50am	Adult Open Gym 6:00am-8:50am	Adult Open Gym 6:00am-10:50am	Adult Open Gym 8:00am-8:45am	8:30am-9:30am Cardio Sculpt Carlos, Gymnasium
9:15am-10:00am Total Body Condi. Gwen, Gymnasium	9:30am-10:30am Iyengar Yoga Frank, Gymnasium	9:00am-9:45am Total Body Condi. Sarah, Gymnasium	9:00am-10:00am AOA Yoga Grace, Gymnasium		GYM CLOSED FOR YOUTH PROGRAMS 9:00am-12:45pm	GYM CLOSED FOR YOUTH PROGRAMS 10:00am-1:15pm
Indoor Playground 10:15am-11:50am	GYM CLOSED FOR YOUTH PROGRAMS 11:00am-11:40pm	Indoor Playground 10:00am-11:50am	Family Open Gym 11:00am-11:50am	Family Open Gym 11:00am-11:50am		
Adult Basketball 12:00pm-3:00pm	Adult Basketball 11:50pm-5:00pm	Adult Basketball 2:00pm-3:00pm	Adult Basketball 12:00pm-2:00pm	Adult Basketball 12:00pm-3:00pm	Open Gym 3:10pm-5:00pm	Open Gym 3:10pm-5:00pm
GYM CLOSED FOR YOUTH PROGRAMS 3:30pm-7:05pm	GYM CLOSED FOR YOUTH PROGRAMS 5:30pm-6:45pm	GYM CLOSED FOR YOUTH PROGRAMS 3:30pm-7:05pm	GYM CLOSED FOR YOUTH PROGRAMS 2:30pm-6:15pm	GYM CLOSED FOR YOUTH PROGRAMS 3:30pm-6:50pm		
7:15pm-8:00pm Zumba Lilka, Gymnasium	7:00pm-7:45pm Zumba Buffy, Gymnasium	Open Gym 7:10pm-9:30pm	6:30pm-7:15pm Insanity Joseph, Gymnasium	Open Gym 7:00pm-9:30pm		
Open Gym 8:10pm-9:30pm	Open Gym 8:00pm-9:30pm		Open Gym 7:25pm-9:30pm			