



WINTER 1 GYM SCHEDULE

1/7-2/24

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00	5:00-6:00 PERSONAL TRAINING (1/2 Gym)	5:00-9:00:00 OPEN GYM	5:00-6:00 PERSONAL TRAINING (1/2 Gym)	5:00-6:00 PERSONAL TRAINING (1/2 Gym)	5:00-6:00 PERSONAL TRAINING (1/2 Gym)	7:00-8:00 OPEN GYM		
5:30								
6:00	6:00-9:15 OPEN GYM				6:00-6:30 OPEN GYM			
6:30					6:30-7:30 PERSONAL TRAINING (1/2 Gym)			
7:00				6:00-9:00 OPEN GYM	6:00-9:00 OPEN GYM			7:30-9:00 OPEN GYM
7:30								
8:00								
8:30								
9:00								
9:30	9:15-10:15 TRX TRAINING	9:00-10:30 TODDLER TIME	9:00-11:00 PICKLEBALL (Back 1/2 Gym)	9:00-10:30 TODDLER TIME	9:00-11:00 PICKLEBALL (Back 1/2 Gym)	9:00-10:00 OPEN GYM		
10:00						10:00-11:00 BASKETBALL 2nd/3rd GRADE	10:00-11:45 PICKLEBALL (Back 1/2 Gym)	
10:30	10:15-4:00 OPEN GYM							
11:00								
11:30								
12:00			10:30-3:00 OPEN GYM					
12:30								
1:00					11:00-4:00 OPEN GYM			
1:30								
2:00			11:00-5:15 OPEN GYM	10:30-6:00 OPEN GYM		11:00-5:00 OPEN GYM	11:45-5:00 OPEN GYM	
2:30								
3:00		3:00-4:00 PERSONAL TRAINING (1/2 Gym)			3:00-4:00 PERSONAL TRAINING (1/2 Gym)			
3:30								
4:00	4:00-5:00 PERSONAL TRAINING (1/2 Gym)							
4:30								
5:00	5:00-5:30 OPEN GYM							
5:30	5:30-7:00 BASKETBALL K/1st GRADE AND PERSONAL TRAINING		5:15-7:00 KARATE (1/2 Gym)					
6:00		4:00-9:00 OPEN GYM		6:00-7:00 PERSONAL TRAINING (1/2 Gym)				
6:30					4:00-9:00 OPEN GYM			
7:00								
7:30	7:00-9:00 OPEN GYM		7:00-9:00 OPEN GYM	7:00-9:00 OPEN GYM				
8:00								
8:30								
9:00								

SATURDAY +SUNDAY
1:00pm-3:00pm
Birthday Parties may use the gym for free time.