



FALL 2 GYM SCHEDULE

9/3-10/20

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------|--|--|--|--|--|--|--|
| 5:00 | 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) | 5:00-6:00 PERSONAL TRAINING (1/2 Gym) | | |
| 5:30 | | | | | | | |
| 6:00 | 6:00-9:15 OPEN GYM | | 6:00-7:00 KARATE (1/2 Gym) | | 6:00-6:30 OPEN GYM | | |
| 6:30 | | | | | 6:30-7:30 PERSONAL TRAINING (1/2 Gym) | | |
| 7:00 | | | | | | 7:00-8:00 OPEN GYM | |
| 7:30 | | | | | | 8:00-9:00 PERSONAL TRAINING (1/2 Gym) | |
| 8:00 | | | | | | 9:00-9:30 OPEN GYM | |
| 8:30 | | | | | | | |
| 9:00 | | | | | | | |
| 9:30 | 9:15-10:15 TRX TRAINING | 5:00-3:00 OPEN GYM | 7:00-12:00 OPEN GYM | | | | |
| 10:00 | | | | | | | |
| 10:30 | | | | | | | |
| 11:00 | | | | | 6:00-4:45 OPEN GYM | 7:30-3:00 OPEN GYM | 9:30-1:00 KARATE (1/2 Gym) |
| 11:30 | | | | | | | |
| 12:00 | | | | | | | |
| 12:30 | | | | | | | |
| 1:00 | 10:15-4:00 OPEN GYM | | | | | | |
| 1:30 | | | | | | | |
| 2:00 | | | | | | | |
| 2:30 | | | 12:00-5:15 OPEN GYM | | | | |
| 3:00 | | 3:00-4:00 PERSONAL TRAINING (1/2 Gym) | | | 3:00-4:00 PERSONAL TRAINING (1/2 Gym) | 1:00-5:00 OPEN GYM (1/2 Gym) | 11:45-5:00 OPEN GYM (1/2 Gym) |
| 3:30 | | | | | | | |
| 4:00 | 4:00-5:00 PERSONAL TRAINING (1/2 Gym) | | | | | | |
| 4:30 | | | | 4:45-5:30 GYMNASTICS (1/2 Gym) | 4:00-6:00 OPEN GYM | | |
| 5:00 | 5:00-6:30 OPEN GYM | | 5:15-7:00 KARATE (1/2 Gym) | | | | |
| 5:30 | | | | | | | |
| 6:00 | | | | | | | |
| 6:30 | 6:30-7:30 PERSONAL TRAINING (1/2 Gym) | 4:00-9:00 OPEN GYM | | | | | |
| 7:00 | | | | | 6:00-8:00 VOLLEYBALL | SATURDAY +SUNDAY 1:00pm-3:00pm Birthday Parties may use the gym for free time. | |
| 7:30 | | | | 5:30-9:00 OPEN GYM | | | |
| 8:00 | 7:30-9:00 OPEN GYM | | | | | | |
| 8:30 | | | | | 8:00-9:00 OPEN GYM | | |
| 9:00 | | | | | | | |