



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							10:00-11:45 PICKLEBALL
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)	
3:30							
4:00	4:00-5:00 PERSONAL TRAINING (1/2 Gym)				4:00-6:00 OPEN GYM		
4:30				4:45-5:30 GYMNASTICS (1/2 Gym)			
5:00	5:00-6:00 OPEN GYM	4:00-7:00 OPEN GYM					
5:30			5:15-7:00 KARATE (1/2 Gym)				
6:00							
6:30	6:00-7:00 PERSONAL TRAINING (1/2 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	7:00-9:00 OPEN GYM	7:00-8:30 VOLLEYBALL		5:30-9:00 OPEN GYM			
8:00							
8:30		8:30-9:00 OPEN GYM			8:00-9:00 OPEN GYM		
9:00							