



FALL 2 GYM SCHEDULE

10/29-
12/15

	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				6:00-6:30 OPEN GYM		
6:30					6:30-7:30 PERSONAL TRAINING (1/2 Gym)		
7:00						7:00-8:00 OPEN GYM	
7:30				6:00-9:00 OPEN GYM		8:00-9:00 PERSONAL TRAINING (1/2 Gym)	
8:00					7:30-9:00 OPEN GYM		
8:30						9:00-9:30 OPEN GYM	
9:00							
9:30	9:15-10:15 TRX TRAINING	5:00-3:00 OPEN GYM	9:00-11:00 PICKLEBALL (Back 1/2 Gym)		9:00-11:00 PICKLEBALL (Back 1/2 Gym)		
10:00							
10:30							10:00-11:45 PICKLEBALL (Back 1/2 Gym)
11:00							9:30-1:00 KARATE (1/2 Gym)
11:30							
12:00							
12:30							
1:00	10:15-4:00 OPEN GYM				11:00-4:00 OPEN GYM		
1:30				6:00-9:00 OPEN GYM			
2:00			11:00-5:15 OPEN GYM				11:45-4:00 OPEN GYM
2:30							
3:00		3:00-4:00 PERSONAL TRAINING (1/2 Gym)			3:00-4:00 PERSONAL TRAINING (1/2 Gym)	1:00-5:00 OPEN GYM	
3:30							
4:00	4:00-5:00 PERSONAL TRAINING (1/2 Gym)						4:00-5:00 PICKLEBALL (Back 1/2 Gym)
4:30					4:00-6:00 OPEN GYM		
5:00		4:00-7:00 OPEN GYM					
5:30							
6:00			5:15-7:00 KARATE (1/2 Gym)				
6:30							
7:00	5:00-9:00 OPEN GYM				6:00-8:00 VOLLEYBALL		
7:30		7:00-8:30 VOLLEYBALL					
8:00			7:00-9:00 OPEN GYM				
8:30		8:30-9:00 OPEN GYM			8:00-9:00 OPEN GYM		
9:00							

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