



# SPRING GYM SCHEDULE

5/28-6/8

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00	5:00-6:00 <b>PERSONAL TRAINING</b> (1/2 Gym)		5:00-6:00 <b>PERSONAL TRAINING</b> (1/2 Gym)	5:00-6:00 <b>PERSONAL TRAINING</b> (1/2 Gym)	5:00-6:00 <b>PERSONAL TRAINING</b> (1/2 Gym)			
5:30								
6:00	6:00-9:15 <b>OPEN GYM</b>							
6:30								
7:00						7:00-8:00 <b>OPEN GYM</b>		
7:30						8:00-9:00 <b>PERSONAL TRAINING</b> (1/2 Gym)		
8:00								
8:30								
9:00								
9:30	9:15-10:15 <b>TRX TRAINING</b>							
10:00								
10:30	10:15-6:00 <b>OPEN GYM</b>						10:00-11:45 <b>PICKLEBALL</b> (Back 1/2 Gym)	
11:00								
11:30			5:00-6:00 <b>OPEN GYM</b>	6:00-5:15 <b>OPEN GYM</b>				
12:00					6:00-6:00 <b>OPEN GYM</b>		9:00-3:00 <b>OPEN GYM</b>	
12:30						6:00-7:00 <b>OPEN GYM</b>		
1:00								
1:30								11:45-3:00 <b>OPEN GYM</b>
2:00								
2:30								
3:00								
3:30								
4:00								
4:30								
5:00								
5:30								
6:00	6:00-7:00 <b>PERSONAL TRAINING</b> (1/2 GYM)		5:15-7:00 <b>KARATE</b> (1/2 Gym)					
6:30		6:00-8:00 <b>VOLLEYBALL</b>		6:00-8:00 <b>VOLLEYBALL</b>				
7:00	7:00-8:00 <b>OPEN GYM</b>		7:00-8:00 <b>OPEN GYM</b>					
7:30								