



FALL 1 GYM SCHEDULE

9/9-10/26

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

(1/2) =
Only 1/2 of the gym
is being used