

Gym Schedule 9/17/24 -9/30/24



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Facility Hours:
M-F: 6 AM - 9 PM
Sat: 7 AM - 6 PM
Sun: 8 AM - 6 PM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-9:15AM Open Gym	6:00-9:15AM Open Gym	6:15-7:00AM Basketball Fitness Class 7:00AM -9:00AM Open Gym	6:00-9:15AM Open Gym	6:00-9:15AM Open Gym		
TOT Movement 9:15AM -10:00AM	TOT Movement 9:15AM -10:00AM	TOT Movement 9:15AM -10:00AM	TOT Movement 9:15AM -10:00AM	TOT Movement 9:15AM -10:00AM	7:00 - 9:00AM Open Gym	8:00 - 10:00AM Open Gym
10:00-10:45AM Zumba Gold	10:00-12:00PM Open Gym	10:00-10:45 AM Silver Sneakers	10:00-12:00PM Open Gym	10:00 - 10:45 AM Zumba Gold	9:00AM - 9:45AM Basketball Lessons	10:00 - 1:00 PM Open Gym
11:00-11:45AM Open Gym		11:00-11:45 AM Zumba Toning		11:00 - 11:45 AM Chair Stretch		
12:00-2:00PM Pickleball	12:00 - 2:00 PM Pickleball	12:00 - 2:00 PM Pickleball	12:00 - 2:00 PM Pickleball	12:00 - 2:00 PM Pickleball		
2:00-3:00PM Walk with Ease	2:00-3:00PM Open Gym	2:00-3:00PM Walk with Ease	2:00-3:00PM Open Gym	2:00-3:00PM Walk with Ease	10:00AM - 6:00PM Open Gym	1:00 - 3:45PM Open Gym
3:00-4:15PM After School	3:00-4:15PM After School	3:00-4:15PM After School	3:00-4:15PM After School	3:00-4:15PM After School		4:00 - 6:00PM Open Court Pickleball
4:30-6:00PM OPEN GYM	4:15 - 5:00 PM Teen Bootcamp	4:15 - 5:00 PM Teen Bootcamp (half-court)	4:15-5:45PM Open Gym	4:15-5:00 PM Teen Bootcamp (half-court)		
6:00-7:45PM Basketball Class (half court)	5:15 -9:00PM Open Gym Full Court	5:00 - 5:45 PM BBall Holistic Warrior (half- court)	5:45-6:00PM Swim Team	5:00-6:00PM OPEN GYM		
7:30-8:15PM Flex & Flow (half court)		6:00 - 7:45 PM Basketball Class	5:00-6:30PM OPEN GYM FULL COURT	6:00 - 7:45PM Soccer		
8:15-9:00PM OPEN GYM FULL COURT		8:00 -9:00PM Open Gym Full Court		8:00-9:00PM OPEN GYM FULL COURT		