



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SMALL GYM SCHEDULE

SPRING SESSION: APRIL 15, 2019- JUNE 9, 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Open Gym</b> 5:00a-10:00a	<b>Open Gym</b> 5:00a-3:45p	<b>Open Gym</b> 5:00a-5:15a	<b>Open Gym</b> 5:00a-3:15p	<b>Open Gym</b> 5:00a-8:45a	
			<b>Strength Train Together</b> 5:30a-6:30a			<b>Open Gym</b> 6:00a-6:45a
			<b>Open Gym</b> 6:45a-3:15p			<b>Active Together</b> 7:00a-8:00a
					<b>Strength Train Together</b> 9:00a-10:00a	<b>Open Gym</b> 8:15a-1:45p
<b>Family Open Gym</b> 10:00a-6:00p	<b>Open Gym</b> 10:15a-5:15p				<b>Open Gym</b> 10:15a-3:45p	<b>Zumba</b> 2:00p-3:00p
		<b>Family Open Gym</b> 4:00p-5:30p	<b>Sport Shorts</b> 3:30p-4:15p	<b>Sport Fundamentals</b> 3:30p-4:15p	<b>Family Open Gym</b> 4:00p-5:00p	<b>Open Gym</b> 3:15p-6:00p
			<b>Little Kickers</b> 4:30p-5:15p	<b>Open Gym</b> 4:30p-5:30p	<b>Open Gym</b> 5:15p-10:00p	
	<b>Healthy Living Class</b> 5:30p-7:30p	<b>Strength Train Together</b> 5:45p-6:45p	<b>Healthy Living Class</b> 5:30p-7:30p	<b>Strength Train Together</b> 5:45p-6:45p		
	<b>Open Gym</b> 7:45p-8:15p	<b>Zumba</b> 7:00p-8:00p	<b>Open Gym</b> 7:45p-8:15p	<b>Zumba</b> 7:00p-8:00p		
	<b>Teen / Adult Open Gym</b> 8:15p-10:00p	<b>Teen / Adult Open Gym</b> 8:15p-10:00p	<b>Women's 18+ Basketball</b> 8:15p-10:00p	<b>Teen / Adult Open Gym</b> 8:15p-10:00p		



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# LARGE GYM SCHEDULE

SPRING SESSION: APRIL 15, 2019- JUNE 9, 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Open Gym</b> 5:00a-5:15a <b>Bootcamp</b> 5:30a-6:30a <b>Open Gym</b> 6:45a-9:45a	<b>Open Gym</b> 5:00a-8:45a  <b>Functional Strength Training</b> 9:00a-10:00a	<b>Open Gym</b> 5:00a-8:45a  <b>Let's Get Moving</b> 9:00a-9:45a	<b>Open Gym</b> 5:00a-8:45a  <b>Functional Strength Training</b> 9:00a-10:00a	<b>Open Gym</b> 5:00a-5:15a <b>Bootcamp</b> 5:30a-6:30a <b>Open Gym</b> 6:45a-8:45a <b>Let's Get Moving</b> 9:00a-9:45a	<b>Open Gym</b> 6:00a-7:45a  <b>Adult (21+) Basketball</b> 8:00a-10:00a
<b>Warrior Conditioning</b> 10:15a-11:15a	<b>Fit Over Fifty</b> 10:00a-10:45a	<b>Cardio Blast</b> 10:15a-11:00a	<b>Fit Over Fifty</b> 10:00a-10:45a	<b>Cardio Blast</b> 10:15a-11:00a	<b>Fit Over Fifty</b> 10:00a-10:45a	<b>Biddy Ballers</b> 10:15a-11:00a
<b>Open Gym</b> 11:30a-12:45p  <b>Badminton</b> 1:00p-3:30p	<b>Open Gym</b> 11:00a-11:45a <b>Adult (21+) Basketball</b> 12:00p-2:00p <b>Open Gym</b> 2:15p-2:45p	<b>Open Gym</b> 11:30a-12:15p  <b>Women's 18+ Basketball</b> 12:30p-2:30p	<b>Open Gym</b> 11:00a-11:45a <b>Adult (21+) Basketball</b> 12:00p-2:00p <b>Open Gym</b> 2:15p-2:45p	<b>Open Gym</b> 11:30a-2:45p	<b>Volleyball</b> 11:00a-1:00p  <b>Open Gym</b> 1:15p-4:45p	<b>Open Gym</b> 11:15a-6:00p
<b>Volleyball</b> 4:00p-6:00p	<b>Teen Open Basketball</b> 3:00p-4:45p <b>Y BB Sk&amp; Dr (6-8 yrs)</b> 5:00p-5:45p <b>Y BB Sk&amp; Dr (9-11 yrs)</b> 5:45p-6:45p <b>Family Sports Class</b> 6:00p-6:45p  <b>Open Gym</b> 7:00p-8:00p <b>Volleyball</b> 8:15p-10:00p	<b>Teen Open Basketball</b> 3:00p-4:45p  <b>Open Gym</b> 5:00p-7:45p	<b>Teen Open Basketball</b> 3:00p-4:45p  <b>Open Gym</b> 5:00p-5:45p <b>Little Kickers</b> 6:00p-6:45p  <b>Bootcamp</b> 7:00p-8:00p	<b>Teen Open Basketball</b> 3:00p-4:45p  <b>Open Gym</b> 5:00p-7:45p	<b>BB Clinic (12-14 yrs)</b> 5:00p-6:00p <b>Open Gym</b> 6:15p-10:00p	
		<b>Adult Badminton</b> 8:00p-10:00p	<b>Teen/Adult Open Gym</b> 8:15p-10:00p	<b>Adult Badminton</b> 8:00p-10:00p		