



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SMALL GYM SCHEDULE

WINTER I SESSION: JANUARY 7 – FEBRUARY 24, 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Open Gym 5:00a-8:45a	Open Gym 5:00a-5:15a	Open Gym 5:00a-5:15a	Open Gym 5:00a-5:15a	Open Gym 5:00a-8:45a	
		Active Together 5:30a-6:30a	Strength Train Together 5:30a-6:30a	Active Together 5:30a-6:30a		Open Gym 6:00a-6:45a
		Core Focus Together 6:30a-7:00a	Open Gym 6:45a-3:15p	Core Focus Together 6:30a-7:00a		Active Together 7:00a-8:00a
		Open Gym 7:15a-10:00a		Open Gym 7:15a-10:00a		Core Focus Together 8:15a-8:45a
	Strength Train Together 9:00a-10:00a				Strength Train Together 9:00a-10:00a	Strength Train Together 9:00a-10:00a
Family Open Gym 10:00a-6:00p	Open Gym 10:15a-3:45a	Cardio Blast 10:15a-11:00a		Cardio Blast 10:15a-11:00a	Open Gym 10:15a-3:45p	Open Gym 10:15a-11:00p
		Core Focus Together 11:15a-11:45a		Core Focus Together 11:15a-11:45a		YBL Games 1/12-3/23 11:15a-1:45p
		Open Gym 12:00p-3:45p		Open Gym 12:00p-3:15p		Zumba 2:00p-3:00p
				Sport Shorts 3:30p-4:15p	Sport Fundamentals 3:30p-4:15p	Open Gym 3:15p-6:00p
	Sport Shorts 4:00p-4:45pm	Family Open Gym 4:00P-4:30P	Little Kickers 4:30p-5:15p	YBL Practices (6-8 years) 4:45p-5:45p	Family Open Gym 4:00p-5:00p	
	Open Gym 5:00p-5:45p	YBL Practice (6-8 years) 4:45p-5-45p			Open Gym 5:15p-10:00p	
	Swim Team 6:00p-8:00p	Strength Train Together 5:45p-6:45p	Open Gym 5:30p-8:00p	Strength Train Together 5:45p-6:45p		
		Zumba 7:00p-8:00p		Zumba 7:00p-8:00p		
	Teen / Adult Open Gym 8:15p-10:00p	Teen / Adult Open Gym 8:15p-10:00p	Teen / Adult Open Gym 8:15p-10:00p	Teen / Adult Open Gym 8:15p-10:00p		



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LARGE GYM SCHEDULE

WINTER I SESSION: JANUARY 7- FEBRUARY 24, 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Open Gym 5:00a-5:15a Bootcamp 5:30a-6:30a Open Gym 6:45a-8:45a Let's Get Moving 9:00a-9:45a	Open Gym 5:00a-8:45a Functional Strength Training 9:00a-10:00a	Open Gym 5:00a-8:45a Let's Get Moving 9:00a-9:45a	Open Gym 5:00a-8:45a Functional Strength Training 9:00a-10:00a	Open Gym 5:00a-5:15a Bootcamp 5:30a-6:30a Open Gym 6:45a-8:45a Let's Get Moving 9:00a-9:45a	Open Gym 6:00a-7:45a Adult (18+) Basketball 8:00a-10:00a
Warrior Conditioning 10:15a-11:15a Open Gym 11:30a-12:45p Badminton 1:00p-3:30p	Fit Over Fifty 10:00a-10:45a Open Gym 11:00a-11:45a Adult (18+) Basketball 12:00p-2:00p Open Gym 2:15p-2:45p Teen Open BB (12-17 yrs) 3:00p-4:45p Y BB Skills (6-8 yrs) 5:00p-5:45p	Sports Fundamentals 10:30a-11:15a Open Gym 11:30a-12:15p Women's 18+ Basketball 12:30p-2:30p Teen Open BB (12-17 yrs) 3:00p-4:45p YBL Practices (9-11 years) 5:00p-6:00p	Fit Over Fifty 10:00a-10:45a Open Gym 11:00a-11:45a Adult (18+) Basketball 12:00p-2:00p Open Gym 2:15p-2:45p Teen Open BB (12-17 yrs) 3:00p-4:45pm	Open Gym 10:15a-2:45p Teen Open BB (12-17 yrs) 3:00p-4:45p YBL Practices (9-11 years) 5:00p-6:00p	Fit Over Fifty 10:00a-10:45a Volleyball 11:00a-1:00p Open Gym 1:15p-2:45p Teen Open BB (12-17 yrs) 3:00p-4:45p BB Clinic (12-14 years) 5:00p-6:00p	Biddy Ballers 10:15a-11:00a YBL Games (9-11 years) 11:15a-1:45p Open Gym 2:00p-6:00p
	Y BB Skills (9-11 Yrs) & Family Sports Class 5:45p-6:45p Bootcamp 7:00p-8:00p Volleyball 8:15p-10:00p	Open Gym 6:15p-7:45p Adult Badminton 8:00p-10:00p	Little Kickers (6-8 years) 6:00p-6:45p Bootcamp 7:00p-8:00pm Women's 18+ Basketball 8:15p-10:00p	Open Gym 6:15p-7:45p Adult Badminton 8:00p-10:00p	Open Gym 6:15p-10:00p	