

GYM SCHEDULE: MONDAY - WEDNESDAY

Winter I: January 1st-May 2017

| TIME | MON | | | TUE | | | WED | | | | |
|----------|----------------------|----------------------|------------------|-------------------------------------|--------------------|--------------------|----------------------|--------------------|-------------------------|--------------------|--------------------|
| | NORTH | CENTRAL | SOUTH | NORTH | CENTRAL | SOUTH | NORTH | CENTRAL | SOUTH | | |
| 5:00 AM | Open Basketball | Open Basketball | Open Basketball | Open Basketball | Open Basketball | Open Basketball | Open Basketball | Open Basketball | Open Basketball | | |
| 6:00 AM | | | Open Basketball | | | Open Basketball | | | TRX 6:15-7 | | |
| 7:00 AM | | | Open Basketball | | | Open Basketball | | | TRX 6:15-7 | | |
| 8:00 AM | Open Basketball | Open Basketball | Parent Child Gym | Open Basketball | Open Basketball | Parent Child Gym | Open Basketball | Open Basketball | Open Basketball | | |
| 9:00 AM | | | Parent Child Gym | | | Parent Child Gym | | | | | |
| 9:45 AM | | | Parent Child Gym | | | Parent Child Gym | | | | | |
| 10:00 AM | Open Basketball | Open Basketball | RSC | Open Basketball | Open Basketball | RSC | Open Basketball | Open Basketball | Open Basketball | | |
| 10:30 AM | | | RSC | | | RSC | | | | | |
| 11:00 AM | | | RSC | | | RSC | | | | | |
| 11:30 AM | Open Basketball | Open Basketball | Open Basketball | Open Basketball | Open Basketball | Open Basketball | Open Basketball | Open Basketball | Open Basketball | | |
| 12:00 PM | | | Open Basketball | | | Open Basketball | | | | | |
| 12:30 PM | | | Open Basketball | | | Open Basketball | | | | | |
| 1:00 PM | Family Open | Family Open | Family Open | Open Basketball | Open Basketball | Family Open | Open Basketball | Open Basketball | Open Basketball | | |
| 2:00 PM | | | Family Open | | | Family Open | | | | | |
| 3:00 PM | | | Family Open | | | Family Open | | | | | |
| 3:30 PM | RSC | Open Basketball | Family Open | RSC | Open Basketball | RSC | Open Basketball | Open Basketball | Open Basketball | | |
| 4:00 PM | RSC | | | RSC | | | | | | | |
| 4:30 PM | RSC | | | RSC | | | | | | | |
| 4:45 PM | Family Open | Open Basketball | TRX 4:45-5:15 | Open Basketball | Open Basketball | Family Open | Open Basketball | Open Basketball | TRX 4:45-5:15 | | |
| 5:00 PM | | | Family Open | | | Family Open | | | | | |
| 5:30 PM | | | Family Open | | | Family Open | | | | | |
| 5:45 PM | Youth Basketball 5-8 | Open Basketball | TRX 4:45-5:15 | Youth Basketball 5:00-6:30 | TRX 5:45-6:30 | TRX 4:45-5:15 | Youth Basketball 5-8 | Open Basketball | TRX 4:45-5:15 | | |
| 6:00 PM | | | TRX 4:45-5:15 | | | TRX 5:45-6:30 | | | | | |
| 6:30 PM | | | TRX 4:45-5:15 | | | TRX 5:45-6:30 | | | | | |
| 6:45 PM | Ages 16-Adult Open | Dodgeball 6:00-10:00 | Open Basketball | Ladies Volleyball League 6:45-10:00 | H.I.I.T. 6:30-7:15 | Open Basketball | Ages 16-Adult Open | Ages 16-Adult Open | Men's Basketball League | | |
| 7:00 PM | | | Open Basketball | | | Open Basketball | | | | | |
| 7:30 PM | | | Open Basketball | | | Open Basketball | | | | | |
| 8:00 PM | Ages 16-Adult Open | Dodgeball 6:00-10:00 | Open Basketball | Ladies Volleyball League 6:45-10:00 | Ages 16-Adult Open | H.I.I.T. 6:30-7:15 | Ages 16-Adult Open | Ages 16-Adult Open | Men's Basketball League | | |
| 8:30 PM | | | | | | | | | | Ages 16-Adult Open | Ages 16-Adult Open |
| 9:00 PM | | | | | | | | | | Ages 16-Adult Open | Ages 16-Adult Open |
| 10:00 PM | | | | | | | | | | | |

*Family Open: For children ages 8-12 with a parent or guardian in the facility. Family stamp available at front desk.

*Parent/Child Gym: Children must be 15 yrs or younger and be directly supervised by parent.

* **Proper Gym attire required.**

* Please allow 15 minutes after a scheduled program for cleaning and preparation of gyms.

*Gymnasium Schedule Subject to Change.

GYM SCHEDULE: THURSDAY - SUNDAY

Winter I: January 1st-May 2017

| TIME | THU | | | FRI | | | SAT | | | SUN | | | | | | | | | | |
|----------|---------------------|--------------------|------------------|-----------------|-----------------|-----------------|--------------------------|--------------------------|--------------------------|---|-------------|-----------------|-----|-----------------|-------------|--------------------------|--------------------------|--------------------------|-------------------------------|-----------------|
| | NORTH | CENTRAL | SOUTH | NORTH | CENTRAL | SOUTH | NORTH | CENTRAL | SOUTH | NORTH | CENTRAL | SOUTH | | | | | | | | |
| 5:00 AM | Open Basketball | Open Basketball | Open Basketball | Open Basketball | Open Basketball | Open Basketball | Family Open | Age 13-Adult Open | Age 13-Adult Open | Special Events Gyms Closed Swim Meets February 11, 2017 Bench Press April 22, 2017 Healthy Kids Day April 29, 2017 | | | | | | | | | | |
| 6:00 AM | | | | | | | | | | | | | | | | | | | | |
| 7:00 AM | | | TRX 6:15-7 | | | | | | | | | | | | | | | | | |
| 8:00 AM | | | | | | | | | | | | | | | | | | | | |
| 9:00 AM | | | Open Basketball | | | | | | | | | | | | | | | | | |
| 9:30 AM | | | | | | | | | | | | | | | | | | | | |
| 10:00 AM | | | | | | | | | | | | | | | | | | | | |
| 10:30 AM | | | RSC | | | | | | | | | | | | | | | | | |
| 11:00 AM | | | | | | | | | | | | | | | | | | | | |
| 11:30 AM | | | Open Basketball | | | | | | | | | | | | | | | | | |
| 12:00 PM | Home School Program | Open Basketball | Open Basketball | Open Basketball | Open Basketball | Family Open | Youth Basketball Program | Youth Basketball Program | Youth Basketball Program | | | | | | | | | | | |
| 12:30 PM | | | | | | | | | | | | | | | | | | | | |
| 1:00 PM | | | | | | | | | | | | | | | | | | | | |
| 2:00 PM | | | | | | | | | | | | | | | | | | | | |
| 3:00 PM | | | | | | | | | | | | | | | | | | | | |
| 3:30 PM | | | | | | | | | | RSC | | | | | | | | | | |
| 4:00 PM | | | | | | | | | | Young Ladies Volleyball 4:30-7:30 | Family Open | Open Basketball | RSC | Open Basketball | Family Open | Youth Basketball Program | Youth Basketball Program | Youth Basketball Program | Family Open | Open Basketball |
| 4:30 PM | | | | | | | | | | | | | | | | | | | | |
| 4:45 PM | | | | | | | | | | | | | | | | | | | Youth Basketball 4:15-6:15 | |
| 5:00 PM | | | | | | | | | | | | | | | | | | | | |
| 5:30 PM | | | | | | | | | | | | | | | | | | | | |
| 5:45 PM | Open Basketball | | | | | | | | | | | | | | | | | | | |
| 6:00 PM | TRX 5:45-6:30 | | | | | | | | | | | | | | | | | | | |
| 6:30 PM | H.I.I.T | | | | | | | | | | | | | | | | | | | |
| 7:00 PM | 6:30-7:15 | | | | | | | | | | | | | | | | | | | |
| 7:30 PM | | | | | | | | | | | | | | | | | | | | |
| 8:00 PM | Family Open Gym | Ages 16-Adult Open | Parent Child Gym | Family Open Gym | Family Open Gym | Family Open Gym | | | | | | | | | | | | | | |
| 8:30 PM | | | | | | | | | | | | | | | | | | | | |
| 9:00 PM | | | | | | | | | | | | | | | | | | | | |
| 10:00 PM | | | | | | | | | | | | | | | | | | | | |

Rentals Available
Call 419-223-6045 ext. 206