

GYM SCHEDULE: MONDAY - WEDNESDAY

Fall September—December 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			H.I.I.T. 6:00-6:45			H.I.I.T. 6:00-6:45			TRX 6:15-7:00	H.I.I.T. 6:00-6:45		
7:00 AM			Parent Child Gym			Parent Child Gym			Parent Child Gym			
8:00 AM	Open Basketball	Open Basketball	Parent Child Gym	Open Basketball	Whiz Kids 9:15- 9:45	Parent Child Gym	Open Basketball	Open Basketball	Open Basketball			
9:00 AM												
9:45 AM												
10:00 AM	Open Basketball	Open Basketball	RSC	Open Basketball	Open Basketball	Parent Child Gym	Open Basketball	Open Basketball	Open Basketball			
10:30 AM										RSC	RSC	RSC
11:00 AM												
11:30 AM	Family Open	Open Basketball	Family Open	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball			
12:00 PM										Open Basketball	Open Basketball	Open Basketball
12:30 PM										Family Open	Open Basketball	Family Open
1:00 PM	Family Open	Open Basketball	Family Open	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball			
2:00 PM										Family Open	Open Basketball	Family Open
3:00 PM										RSC	Open Basketball	RSC
3:30 PM	Family Open	Open Basketball	Family Open	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball			
4:00 PM										Family Open	Open Basketball	Family Open
4:30 PM										Family Open	Open Basketball	Family Open
4:45 PM	Parent Child Gym	Open Basketball	TRX 4:45-5:15	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball	TRX 4:45-5:15			
5:00 PM			TRX 4:45-5:15						Y Kids Fit 5:00-5:45	TRX 4:45-5:15		
5:30 PM			Open Basketball						Y Kids Fit 5:00-5:45	TRX 4:45-5:15		
5:45 PM	Parent Child Gym	Open Basketball	Open Basketball	Parent Child Gym	Parent Child Gym	Open Basketball	Open Basketball	Open Basketball	Open Basketball			
6:00 PM										Open Basketball	TRX	TRX
6:30 PM										Open Basketball	TRX	TRX
6:45 PM	Parent Child Gym	Ages 16 – Adult Open	Open Basketball	Ladies Volleyball League	Ages 16-Adult Open	Ages 16-Adult Open	Parent Child Gym	Ages 16-Adult Open	Ages 16 - Adult Open			
7:00 PM										Parent Child Gym	Parent Child Gym	Parent Child Gym
7:30 PM										Parent Child Gym	Parent Child Gym	Parent Child Gym
8:00 PM	Parent Child Gym	Ages 16 – Adult Open	Ages 16 – Adult Open	Ladies Volleyball League	Ages 16-Adult Open	Ages 16-Adult Open	Parent Child Gym	Ages 16-Adult Open	Ages 16 - Adult Open			
8:30 PM										Parent Child Gym	Parent Child Gym	Parent Child Gym
9:00 PM										Parent Child Gym	Parent Child Gym	Parent Child Gym
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.

