

# GYM SCHEDULE: MONDAY - WEDNESDAY

Fall September—December 2018

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			Fitness Center 6:00-6:45			Fitness Center 6:00-6:45			TRX 6:15-7:00	Fitness Center 6:00-6:45
7:00 AM			Parent Child Gym			Parent Child Gym			Parent Child Gym	Parent Child Gym
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										
9:45 AM										
10:00 AM	Open Basketball	Open Basketball	RSC	RSC	Open Basketball	Open Basketball	RSC	Open Basketball	Open Basketball	
10:30 AM										
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										
12:30 PM										
1:00 PM	Family Open	Open Basketball	Family Open	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball	
2:00 PM										
3:00 PM										
3:30 PM	RSC	Open Basketball	Family Open	RSC	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball	
4:00 PM										
4:30 PM	Family Open									
4:45 PM	Family Open	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										
5:30 PM										
5:45 PM	Parent Child Gym	Open Basketball	Open Basketball	Open Basketball	TRX 5:45-6:30	Parent Child Gym	Open Basketball	Open Basketball	Open Basketball	
6:00 PM										
6:30 PM										
6:45 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	
7:00 PM										
7:30 PM										
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										
9:00 PM										
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.

