STRATFORD RICHARDSON YMCA

March GYM SCHEDULE

|  |
| --- |
| MONDAY |
| TIME | SIDE A | TIME | SIDE B |
| 5:30 AM – 10:00 AM | Open Gym | 5:30 AM – 10:00 AM | Open Gym |
| 10:00 AM – 10:45 AM | Cardio Strength | 10:00 AM – 12:00 PM | Open Gym |
| 11:00 AM – 11:45 AM | Chair Fitness | 12:00 PM – 4:00 PM | Open Gym |
| 11:45 AM – 4:00 PM | Open Gym | 2:00PM - 4:00 PM | Open Gym |
| 4:00 PM – 6:00 PM | 1 of 1 Academy Basketball | 4:00 PM – 6:00 PM | 1 of 1 Academy Basketball Practice |
| 6:15 PM – 7:00 PM | Mixxed Fit |
| 7:00 PM - 7:45 PM | Xtreme Hip Hop Step | 6:00 PM – 8:00 PM | Pick-Up Basketball |

|  |
| --- |
| TUESDAY |
| TIME | SIDE A | TIME | SIDE B |
| 5:30 AM – 10:00 AM | Open Gym | 5:30 AM – 4:00 PM | Open Gym |
| 10:00 AM – 10:45 AM | Strength and Conditioning | 10:00 AM – 10:45 AM | Open Gym |
| 10:45 AM – 12:00 PM | Open Gym | 10:45 AM – 12:00 PM | Open Gym |
| 12:00 PM – 1:00 PM | Line Dance | 12:00 PM – 1:00 PM | Open Gym |
| 1:00 PM – 6:00 PM | Open Gym | 1:00 PM – 6:00 PM | Open Gym |
| 6:15 PM – 7:00 PM | Group Power | 4:00 PM – 5:45 PM | 1 of 1 Academy Basketball |
| 7:00 PM – 8:00 PM | Open Gym | 5:45 PM – 8:00 PM | Open Gym |

|  |
| --- |
| WEDNESDAY |
| TIME | SIDE A | TIME | SIDE B |
| 5:30 AM – 11:00 AM | Open Gym | 5:30 AM – 11:00 AM | Open Gym |
| 11:00 AM – 11:45 AM | Chair Fitness | 11:00 AM – 11:45 AM | Open Gym |
| 11:45 AM – 4:00 PM | Open Gym | 11:45 AM – 4:00 PM | Open Gym |
| 4:00 PM – 6:00 PM | 1 of 1 Academy Basketball | 4:00 PM – 6:00 PM | 1 of 1 Academy Basketball |
| 6:15 PM – 7:00 PM | Cardio Dance | 6:15 PM – 7:00 PM | Open Gym |
| 7:00 PM - 8:00 PM | Open Gym | 7:00 PM – 8:00 PM | Open Gym |

|  |
| --- |
| THURSDAY |
| TIME | SIDE A | TIME | SIDE B |
| 5:30 AM – 9:00 AM | Open Gym | 5:30 AM – 9:00 AM | Open Gym |
| 9:00 AM – 9:45 AM | Kickboxing | 9:00 AM – 9:45 AM | Open Gym |
| 10:00 AM – 10:45 AM | Strength & Conditioning | 10:00 AM – 10:45 AM | Open Gym |
| 10:45 AM – 6:00 PM | Open Gym | 10:45 AM – 4:00 PM | Open Gym |
| 6:15 PM – 7:00 PM | Athletic Conditioning | 4:00 PM – 5:45 PM | 1 of 1 Academy Basketball |
| 7:00 PM – 8:00 PM | Open Gym | 6:00 PM – 8:00 PM | Open Gym |
|  |
| FRIDAY |
| TIME | SIDE A | TIME | SIDE B |
| 5:30 AM – 6:00 PM | Open Gym | 5:30 AM – 6:00 PM | Open Gym |

|  |
| --- |
| SATURDAY |
| TIME | SIDE A | TIME | SIDE B |
| 8:00 AM – 10:30 AM | Open Gym | 8:00 AM – 10:30 AM | Open Gym |
| 10:30 AM – 11:15 AM | Mixxed Fit | 10:30 – 11:15 AM | Open Gym |
| 11:15 AM – 1:00 PM | Open Gym | 11:15 AM – 1:00 PM | Open Gym |