



FEBRUARY 2020

	MONDAYS		TUESDAYS		WEDNESDAYS		THURSDAYS		FRIDAYS			
TIMES	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	TIMES	NOTES:
5AM				Open Gym—	Adult	Adult		Open Gym—	Adult	Adult	5AM	This
6AM	Adult Morning Basketball	Adult Morning Basketball	Open Gym	Shooting Only	Morning Basketball	Morning Basketball		Shooting Only	Morning Basketball	Morning Basketball	6AM	schedule
7AM	TRX		· ·				Open Gym				7AM	may be
8AM	7:15 a.m 8:15 a.m.	Open Gym— Shooting Only	TRX 7:15 a.m 8:15 a.m.		TRX 7:15 a.m 8:15 a.m.		TRX 7:15 a.m 8:15 a.m.		TRX 7:15 a.m 8:15 a.m.		8AM	altered to accommodate
9AM	Functional Training	J.,,	Functional Training	Youth	Functional Training	Youth	Functional Training	Youth Programming	Functional Training	TRX 8:30 a.m 9:30 a.m.	9AM	program needs at any time.
10AM	9:15 a.m 10:45 a.m.	Youth Programming	9:15 a.m 10:45 a.m.	Programming	9:15 a.m 10:45 a.m.	Programming	9:15 a.m 10:45 a.m.		9:15 a.m 10:45 a.m.		10AM	
11AM	Open Gym		Open Gym		Open Gym		Open Gym		Open Gym		11AM	
12PM	Functional Training		Functional Training 11:45 a.m		Functional Training		Functional Training		Functional Training	Programming	12PM	
1PM	11:45 a.m 1:15 p.m.		1:15 p.m.		11:45 a.m 1:15 p.m.		11:45 a.m 1:15 p.m.		11:45 a.m 1:15 p.m.		1PM	
											2PM	
		Open Gym—				Open Gym—						
3PM	Open Gym	Shooting Only	Open Gym	Open Gym	Open Gym	Shooting Open Gym—	Open Gym	Open Gym			ЗРМ	
4PM			Sps.: 57.::			Shooting Only			Open Gym	Open Gym— Shooting Only	4PM	
5PM		Open Gym									5PM	
6PM	Functional Training		Functional Training		Functional Training		Functional Training				6PM	
	5:30 p.m 6:30 p.m.	Basketball League	5:30 p.m 6:30 p.m.	Basketball League Practices	5:30 p.m 6:30 p.m.	Basketball League	5:30 p.m 6:30 p.m.	Basketball League	Basketball	Basketball	ОРМ	
7PM	Basketball	Practices		1		Practices		Practices	League Games	League Games	7PM	
	League Practices		Basketball League Practices		Basketball League Practices		Basketball League				8PM	
							Practices		VAACA CLOSED			
9РМ									YMCA CLOSED		9РМ	(J