

MARCH GYM SCHEDULE

MONDAY

TIME	COURT 1	TIME	COURT 2
6:00 AM – 9:50 AM	Open Gym	6:00 AM – 9:00 AM	Open Gym
10:00 AM - 10:45 AM	Strength Conditioning	9:00 AM - 11:00 AM	Open Gym
11:00 AM - 11:45 AM	Chair Fitness	11:00 AM - 1:00 PM	Open Gym
12:00 PM – 5:15 PM	Open Gym	1:00PM – 4:00 PM	Open Gym
5:30 PM – 6:15 PM	Xtreme Hip Hop	4:00 PM – 5:00 PM	Open Gym
6:15 PM – 7:00 PM	Mixed Fit	5:00 PM- 6:00 PM	Open Gym
7:00 PM – 8:00 PM	Xtreme Hip Hop	6:00 PM – 8:00 PM	Open Gym

TUESDAY

TIME	COURT 1	TIME	COURT 2
6:00 AM – 9:50 AM	Open Gym	6:00 AM – 9: 00 AM	Open Gym
10:00 AM - 10:45 AM	Strength & Conditioning	9:00 AM – 11:00 AM	Open Gym
10:50 AM -11:50 AM	Open Gym	11:00 AM – 1:00 PM	Open Gym
12:00 PM – 12:45 PM	Line Dance	1:00 PM – 4:00 PM	Open Gym
1:00 PM – 5:20PM	Open Gym	4:00 PM – 6:00 PM	Open Gym
6:00 PM – 6:45PM	Circuit Training	6:00 PM – 7:00 PM	Open Gym
7:00 PM – 8:00 PM	Open Gym	7:00 PM – 8:00 PM	Open Gym

WEDNESDAY

TIME	COURT 1	TIME	COURT 2
6:45 AM – 7:30 AM	HIIT	6:00 AM – 9:30 AM	Open Gym
8:00 AM - 10:00 AM	Open Gym	9:30 AM - 10:15 AM	Open Gym
10:00AM -10:50 AM	Open Gym	10:15 AM -5:45 PM	Open Gym
11:00 AM – 11:45 AM	Chair Fitness	5:45 PM – 6:30 PM	Open Gym
12:00 PM - 6:00 PM	Open Gym		Open Gym
6:15 PM- 7:00 PM	Zumba	6:40 PM – 8:00 PM	Open Gym

THURSDAY

TIME	COURT 1	TIME	COURT 2
6:00 AM – 8:50 AM	Open Gym	6:00 AM – 10:00 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	5:45 PM – 6:45 PM	Open Gym
11:00 AM – 5:30PM	Open Gym	6:40 PM – 8:00 PM	Open Gym
6:00PM – 7:00 PM	Circuit Conditioning		Open Gym
7:00 PM – 8:00 PM	Open Gym		Open Gym

FRIDAY

TIME	COURT 1	TIME	COURT 2
6:00 AM – 12:00 PM	Open Gym	6:00 AM – 12:00 PM	Open Gym

SATURDAY

TIME	COURT 1	TIME	COURT 2
9:30 AM – 10:15 AM	Open Gym	9:30 AM – 10:15 AM	Open Gym
10:15 AM – 12:00 PM	Open Gym	10:15 AM – 12:00 PM	Open Gym

Closed Sunday