

GYM SCHEDULE

Effective February 16 - May 31

Time	Sunday			Monday			Tuesday			Wednesday			Thursday			Friday			Saturday								
	Side A (Full Court)	Side B	Side C	Side A (Full Court)	Side B	Side C	Side A (Full Court)	Side B	Side C	Side A (Full Court)	Side B	Side C	Side A (Full Court)	Side B	Side C	Side A (Full Court)	Side B	Side C	Side A (Full Court)	Side B	Side C						
5:00 AM	[Black Box]			OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	[Black Box]									
5:30 AM																											
6:00 AM									Athletic Conditioning 5:30- 6:20am								Athletic Conditioning 5:30- 6:20am							OPEN GYM			
6:30 AM																											
7:00 AM																											
7:30 AM																											
8:00 AM	[Black Box]			8:00 - 9:00AM Athletic Conditioning			9:15am-10:15am Athletic Conditioning			8:00 - 9:00am HIIT Sides A/B/C			9:15am-10:15am Athletic Conditioning			8:00am - 9:00am HIIT Group Exercise			[Black Box]								
8:30 AM																											
9:00 AM																											
9:30 AM																											
10:00 AM							Picke Ball																				
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11:00 AM																											
11:30 AM																											
12:00 PM				Childrens' Center																							
12:30 PM																											
1:00 PM																											
1:30 PM							1:00-2:00PM Homeschool PE																				
2:00 PM																											
2:30 PM	Open Gym 1:200pm- 6:00pm	Open Gym 1:200pm- 6:00pm	Open Gym 1:200pm- 6:00pm	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM						
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Program Area - Open Only to Registered Program Participants				Open Gym									Group Exercise Classes														