

# GYM SCHEDULE

January 7–January 31, 2019



	MON	TUE	WED	THUR	FRI	SAT	SUN
5 AM	Walkers 5:00–5:45		Walkers 5:00–5:45		Walkers 5:00–5:45		
6 AM					Cross Fitness Camp 5:30–6:15		
7 AM	Open Gym	Open Gym	Open Gym		Open Gym		
8 AM			Personal Training 10:30–11:45	Open Gym			
9 AM							
10 AM	Silver Sneakers 9:30–10:15 Full gym	Home School Gym 9:30–11:00 1/2 gym	Silver Sneakers 9:30–10:15 Full gym		Silver Sneakers 9:30–10:15 Full gym		
11 AM	Open Gym	Pickleball 11:15–1:00 1/2 gym	Open Gym	Pickleball 11:15–1:00 1/2 gym	Personal Training 10:30–11:45	Open Gym	Open Gym
NOON	Adult Pick-Up Basketball 1/2 gym		Adult Pick-Up Basketball 1/2 gym		Adult Pick-Up Basketball 1/2 gym		
1 PM							
2 PM							
3 PM							
4 PM							
5 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
6 PM							
7 PM							
8 PM							
9 PM							