

Gym Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	5:20-6:20am Boot Camp		5:20-6:20am Boot Camp				
7:00-9:00am Pickle Ball	7:00-9:00am Pickle Ball	7:00-9:00am Pickle Ball	7:00-9:00am Pickle Ball	7:00-9:00am Pickle Ball	6:00-7:00am Land Fitness		
9:15-10:00am Enhanced Fitness	9:15-10:15 PiYo	9:15-10:00am Enhanced Fitness	9:15-10:15 PiYo	9:00-10:00am Homeschool PE	8:00am-5:00pm Open Gym		
				10:15-11am Enhanced Fitness			
							1:00-5:00pm Open Gym
5:30-6:15pm ACTIVATE		5:30-6:15pm ACTIVATE					
6:30-7:30pm PiYo	7:00-8:00pm Cardio Circuit	6:30-7:30pm PiYo	7:00-8:00pm Cardio Circuit				
		7:00-9:00pm Adult Volleyball (Right side of gym)					
9:00pm close (M-F)			9:00pm close (M-F)				

* Gym is open both sides

*Fitness class are held on left side of the gym