

# GYMNASIUM SCHEDULE








MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-7:30am <b>FULL GYM BADMINTON</b>	6:00-7:30am <b>FULL GYM BADMINTON</b>	6:00-7:30am <b>FULL GYM BADMINTON</b>	6:00-7:30am <b>FULL GYM BADMINTON</b>	6:00-7:30am <b>FULL GYM BADMINTON</b>	8:00-9:00am <b>CYCLE</b>
8:00-9:00am <b>H.I.I.T.</b>	8:00-9:00am <b>CYCLE</b>	8:00-9:00am <b>STRENGTH &amp; COND</b>	8:00-9:00am <b>CYCLE</b>	8:00-9:00am <b>CYCLE</b>	9:30-11:45am <b>OPEN GYM</b>
9:30-10:15am <b>ACTIVE STRETCH</b>	9:15-10:00am <b>WEIGHT TRAINING</b>	10:00-10:45am <b>ACTIVE STRETCH</b>	9:00-10:00am <b>OPEN GYM</b>	9:15-10:00am <b>WEIGHT TRAINING</b>	
10:00-12:00pm <b>CHILD CARE 1/2 GYM</b>	10:00-12:00pm <b>CHILD CARE 1/2 GYM</b>	10:00-12:00pm <b>CHILD CARE 1/2 GYM</b>	10:00-12:00pm <b>CHILD CARE 1/2 GYM</b>	10:00-12:00pm <b>CHILD CARE 1/2 GYM</b>	
10:30-12:00pm <b>OPEN GYM 1/2 GYM</b>	10:00-12:00pm <b>OPEN GYM 1/2 GYM</b>	11:00am-12:00pm <b>OPEN GYM 1/2 GYM</b>	10:00-12:00pm <b>OPEN GYM 1/2 GYM</b>	10:15-11:00am <b>SENIOR STRENGTH TRAINING</b>	
12:00-3:00pm <b>OPEN GYM</b>	12:00-3:00pm <b>OPEN GYM</b>	12:00-3:00pm <b>OPEN GYM</b>	12:00-3:00pm <b>OPEN GYM</b>	12:00-3:00pm <b>OPEN GYM</b>	12:00-3:00pm <b>OPEN GYM</b>
3:00-5:15pm <b>CHILD CARE 1/2 GYM</b>	3:00-4:00pm <b>CHILD CARE 1/2 GYM</b>	3:00-5:15pm <b>CHILD CARE 1/2 GYM</b>	3:00-5:15pm <b>CHILD CARE 1/2 GYM</b>	3:00-5:15pm <b>CHILD CARE 1/2 GYM</b>	
3:00-5:15pm <b>CHILD CARE 1/2 GYM</b>	3:00-4:45pm <b>OPEN GYM 1/2 GYM</b>	3:00-3:45pm <b>OPEN GYM 1/2 GYM</b>	3:00-4:45pm <b>OPEN GYM 1/2 GYM</b>	3:00-4:45pm <b>OPEN GYM 1/2 GYM</b>	
4:15-5:00pm <b>CHILD CARE</b>	4:00-6:30pm <b>GYM CLOSED</b>	4:00-6:30pm <b>GYM CLOSED</b>	5:00-6:30pm <b>GYM CLOSED</b>	5:00-6:00pm <b>OPEN GYM</b>	
5:30-6:30pm <b>ZUMBA</b>	5:15-6:45pm <b>OPEN GYM</b>	6:45-8:45pm <b>OPEN GYM</b>	7:00-8:00pm <b>WERQ</b>		
6:45-8:45pm <b>OPEN GYM</b>	7:00-8:00pm <b>WERQ</b>				

## Building Hours

- Monday:** 6:00am-9:00pm
- Tuesday:** 6:00am-9:00pm
- Wednesday:** 6:00am-9:00pm
- Thursday:** 6:00am-9:00pm
- Friday:** 6:00am-6:30pm
- Saturday:** 7:00am-12:00pm

● During **CHILD CARE** hours ●  
**HALF** of the gym will be  
**OPEN GYM**  
 Schedule is subject to change. In the event of inclement weather, space will be used for Summer Camp/ Child Care ●

 CHILD CARE	 GROUP EX CLASSES *GYM CLOSED*
 OPEN GYM	 RENTALS *GYM CLOSED*
	 BADMINTON *GYM CLOSED*