



# Gym Schedule

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

	Quad 1	Quad 2	Quad 3 & 4
<b>Monday</b>			
		8:15am - Step it up	
		9:00am - Tone	
		4:15pm - Strength & Cardio Cond.	
			4:00pm-5:00pm: Hamilton After School
			6:00pm - 7:00pm: Youth Bball Practice
<b>Tuesday</b>		5:30am - P90X LIVE	
			10:00am - 1:00pm: Pickleball
			4:30pm-5:30pm: Fremont After School
		5:15pm - Circuit Training	
			6:00pm - 8:30pm: Pickleball
<b>Wednesday</b>			
		8:15am - Step it up	
		9:00am - Tone	
			10:00am - 1:00pm: Pickleball
		4:15pm - Strength & Cardio Cond.	
		5:30pm - KickHIIT	
			6:00pm - 7:00pm: Youth Bball Practice
		6:15pm - Myofascial Release (MFR)	
<b>Thursday</b>			
		5:30am - P90X LIVE	6:00pm - 8:00pm: Youth Bball Games
		5:15pm - Circuit Training	
<b>Friday</b>			
		8:15am - Step it up	
		9:00am - Tone	
			10:00am - 1:00pm: Pickleball
	7:00pm - Magic Square Dancing		
<b>Saturday</b>			
<b>Sunday</b>			