



Gym Schedule

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Quad 1	Quad 2	Quad 3 & 4
Monday			
	OPEN GYM ALL DAY	OPEN GYM 5:30am-8:15am	OPEN GYM 5:30am-4:00pm
		Step it Up 8:15am-9:00am	4:00pm-5:00pm: Hamilton After School
		Tone 9:00am-10:00am	OPEN GYM 5:00pm-6:00pm
		OPEN GYM 10:15a-4:00pm	6:00pm - 7:00pm: Youth Bball Practice
		Strength & Cardio Cond 4:15pm - 5:15pm	OPEN GYM 7:00pm-8:45pm
		OPEN GYM 5:15pm-8:45p	
Tuesday			
	OPEN GYM ALL DAY	OPEN GYM 5:30am-11:15am	OPEN GYM 5:30am-10:00am
		Myofascial Release (MFR) 11:30am-12:30pm	10:00am - 1:00pm: Pickleball
		OPEN GYM 12:30pm-5:15pm	OPEN GYM 1:00p-4:30pm
		ZUMBA Fitness 5:30pm-6:30pm	4:30pm-5:30pm: Fremont After School
		OPEN GYM 6:30pm-8:45pm	6:00pm - 8:30pm Open Pickleball
Wednesday			
	OPEN GYM ALL DAY	OPEN GYM 5:30am-8:15am	OPEN GYM 5:30am-10:00am
		Step it Up 8:15am-9:00am	10:00am - 1:00pm: Pickleball
		Tone 9:00am-10:00am	OPEN GYM 1:15p-5:45pm
		OPEN GYM 10:15a-4:00pm	6:00pm - 7:00pm: Youth Bball Practice
		Strength & Cardio Cond 4:15pm - 5:15pm	OPEN GYM 7:00pm-8:45pm
		KickHIIT 5:30pm-6:00pm	
		OPEN GYM 6:00pm-8:45pm	
Thursday			
	OPEN GYM ALL DAY	OPEN GYM 5:30am-5:15pm	OPEN GYM 5:30am-9:45am
			Intro to Pickleball 10:00am - 12:00pm
			OPEN GYM 12:00pm-5:45pm
		ZUMBA Fitness 5:30pm-6:30pm	6:00pm - 8:00pm: Youth Bball Games
		OPEN GYM 6:30pm-8:45pm	OPEN GYM 8:00pm-8:45pm
Friday			
	OPEN GYM ALL DAY	OPEN GYM 5:30am-8:15am	OPEN GYM 5:30am-10:00am
		Step it Up 8:15am-9:00am	10:00am - 1:00pm: Pickleball
		Tone 9:00am-10:00am	OPEN GYM 1:15pm-6:45pm
		OPEN GYM 10:15am-7:00pm	
Saturday			
	OPEN GYM ALL DAY	OPEN GYM ALL DAY	OPEN GYM ALL DAY
Sunday			
	OPEN GYM ALL DAY	OPEN GYM ALL DAY	OPEN GYM ALL DAY