



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-6:15am	OPEN GYM 5:30am-4:00pm
		Strength & Cardio HIIT 6:15am - 7:00am	
		OPEN GYM 7:00am-8:15am	
		Step it Up 8:15am-9:00am	
		Tone 9:00am-10:00am	
		OPEN GYM 10:00am - 8:45pm	
Tuesday			
	OPEN GYM ALL DAY	OPEN GYM 5:30am-8:45pm	OPEN GYM 5:30am-10:00am
			10:00am - 1:00pm: Pickleball
			OPEN GYM 1:00p-6:00pm
			6:00pm - 8:30pm Open Pickleball
Wednesday			
	OPEN GYM ALL DAY	OPEN GYM 5:30am-6:15am	OPEN GYM 5:30am-10:00am
		Strength & Cardio HIIT 6:15am - 7:00am	10:00am - 1:00pm: Pickleball
		OPEN GYM 7:00am-8:15am	OPEN GYM 1:00pm-8:45pm
		Step it Up 8:15am-9:00am	
		Tone 9:00am-10:00am	
		OPEN GYM 10:00am - 8:45pm	
Thursday			
	OPEN GYM ALL DAY	OPEN GYM 5:30am-5:15pm	OPEN GYM 5:30am-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 1:00pm-6:45pm
		OPEN GYM 10:15am-7:00pm	
Saturday			
	OPEN GYM ALL DAY	OPEN GYM 8:00am - 9:00am	OPEN GYM ALL DAY
		Zumba Fitness 9:00am - 9:45am	
		OPEN GYM 9:45am - 5:00pm	
Sunday			
	OPEN GYM ALL DAY	OPEN GYM ALL DAY	OPEN GYM ALL DAY