



# 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.	4:15pm - 5:15pm - BASE Camp
	7:00pm-9:00pm - Club Volleyball	7:00pm-9:00pm - Club Volleyball	7:00pm-9:00pm - Club Volleyball
<b>Tuesday</b>			
			10:00am - 1:00pm - Pickleball
	4:00pm - 5:00pm - BASE Camp	4:00pm - 5:00pm - BASE Camp	4:00pm - 5:00pm - BASE Camp
<b>Wednesday</b>			
		8:15am - Step it up	
		9:00am - Tone	
			10:00am - 1:00pm - Pickleball
		4:15pm - Strength & Cardio Cond.	
	7:00pm-9:00pm - Club Volleyball	7:00pm-9:00pm - Club Volleyball	7:00pm-9:00pm - Club Volleyball
<b>Thursday</b>			
<b>Friday</b>			
		8:15am - Step it up	
		9:00am - Tone	
			10:00am - 1:00pm - Pickleball
	7:00pm - Magic Squares Dancing		
<b>Saturday</b>			
<b>Sunday</b>			
			3:00pm-5:00pm - Club Volleyball
	5:00pm-7:00pm - Club Volleyball	5:00pm-7:00pm - Club Volleyball	5:00pm-7:00pm - Club Volleyball