

Gym Schedule

FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

| Z | dy in Defication | | FOR SOCIAL RESPONSIBILIT |
|-------------------|---------------------------------|--|---------------------------------|
| | Quad 1 | Quad 2 | Quad 3 & 4 |
| Monday | | | |
| | | 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 |
| | | | |
| Tuesday | | | |
| - | | | 10:00am - 1:00pm - Pickleball |
| | | | |
| | 4:00pm - 5:00pm - BASE Camp | 4:00pm - 5:00pm - BASE Camp | 4:00pm - 5:00pm - BASE Camp |
| | | | |
| Wednesday | | | |
| • | | 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 |
| | | in the second se | |
| Thursday | | | |
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| | | | |
| Friday | | | |
| · · · · · · · · · | | 8:15am – Step it up | |
| | | 9:00am - Tone | |
| | | 5,000.m 10.10 | |
| | | | 10:00am - 1:00pm - Pickleball |
| | 7:00pm – Magic Squares Dancing | | . O.O Gam 1.30pm 1 texteball |
| | 7.00pm Magic Squares bancing | | |
| Saturday | | | |
| Sacarday | | | |
| Sunday | | | |
| Juliuay | | | 3.00mm F.00mm Child Valle 1.11 |
| | 5.00 7.00 51.1.1/ !! | 5.00 7.00 51.1.1.1.1.1 | 3:00pm-5:00pm - Club Volleyball |
| | 5:00pm-7:00pm - Club Volleyball | 5:00pm-7:00pm - Club Volleyball | 5:00pm-7:00pm - Club Volleyball |