



Gym Schedule

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Quad 1	Quad 2	Quad 3 & 4
Monday			
		8:15am - Step it up	
		9:00am - Tone	
	11:30pm - 1:00pm - Noonball	11:30pm - 1:00pm - Noonball	11:30pm - 1:00pm - Noonball
		4:15pm - Strength & Cardio Cond.	4:15pm - 5:15pm - BASE Camp
			6:00pm-7:00pm - Youth Bball Practice
	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.	
			6:00pm-7:00pm - Youth Bball Practice
	7:00pm-9:00pm - Club Volleyball	7:00pm-9:00pm - Club Volleyball	7:00pm-9:00pm - Club Volleyball
Thursday			
	11:30pm - 1:00pm - Noonball	11:30pm - 1:00pm - Noonball	11:30pm - 1:00pm - Noonball
			6:00pm-8:00pm - Youth Bball Games
Friday			
		8:15am - Step it up	
		9:00am - Tone	
			10:00am - 1:00pm - Pickleball
	7:00pm - Magic Squares Dancing		
Saturday			
Sunday			
			3:00pm-5:00pm - Club Volleyball
	5:00pm-7:00pm - Club Volleyball	5:00pm-7:00pm - Club Volleyball	5:00pm-7:00pm - Club Volleyball