



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	
		4:15pm - Strength & Cardio Cond.	
			4:00pm-5:00pm: Hamilton After School
			6:00pm - 7:00pm: Youth Bball Practice
Tuesday			
			10:00am - 1:00pm: Pickleball
			4:30pm-5:30pm: Fremont After School
			6:00pm - 8:30pm: Open Volleyball
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
Thursday			
			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			