



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.	4:15pm - 5:15pm - BASE Camp
			6:00pm - 7:00pm - Youth Basketball
Tuesday			
			10:00am - 1:00pm - Pickleball
Wednesday			
		8:15am - Step it up	
		9:00am - Tone	
			10:00am - 1:00pm - Pickleball
		4:15pm - Strength & Cardio Cond.	
			6:00pm - 7:00pm - Youth Basketball
Thursday			
			6:00pm - 8:00pm - Youth Basketball
Friday			
		8:15am - Step it up	
		9:00am - Tone	
			10:00am - 1:00pm - Pickleball
	7:00pm - Magic Squares Dancing		
Saturday			
	9:00am - Noon - Volley Tots/Tikes	9:00am - Noon - Volley Tots/Tikes	9:00am - Noon - Volley Tots/Tikes
Sunday			