



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.	
			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			
			11:00am - 1:00pm - Pickleball
	4:00pm-5:30pm - Club Volleyball	4:00pm-5:30pm - Club Volleyball	4:00pm-5:30pm - Club Volleyball
	7:00pm - 9:00pm - Adult Co-Ed Vball	7:00pm - 9:00pm - Adult Co-Ed Vball	7:00pm - 9:00pm - Adult Co-Ed Vball
			7:00pm - 9:00pm - Adult Co-Ed Vball
Wednesday			
		8:15am - Step it up	
		9:00am - Tone	
			11:00am - 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			
	4:00pm-5:30pm - Club Volleyball	4:00pm-5:30pm - Club Volleyball	4:00pm-5:30pm - Club Volleyball
			6:00pm-8:00pm - Youth Bball Games
Friday			
		8:15am - Step it up	
		9:00am - Tone	
			11:00am - 1:00pm - Pickleball
	7:00pm - Magic Squares Dancing		
Saturday			
Sunday			