

Gym Schedule

September October 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am - 8am Open Gym	5am - 8am Open Gym	5am - 8am Open Gym	5am - 8am Open Gym	5am - 8am Open Gym		
8-9am Fitness Class	8-9am Fitness Class	8-9am Fitness Class	8-9am Fitness Class	8-9am Fitness Class	Open Gym 7am - 2:30pm	9 -noon Adult Open Gym
10 - 11am Fitness Class	10 - 11am Fitness Class	10 - 11am Fitness Class	10 - 11am Fitness Class	10 - 11am Fitness Class		
11:30- 1pm Adult Open Gym	11:30- 1pm Adult Open Gym	11:30- 1pm Adult Open Gym	11:30 - 1pm Adult Open Gym	11:30- 1pm Adult Open Gym		
2 - 4:30pm Youth open gym	2 - 4:30pm Youth open gym	2 - 4:30pm Youth open gym	2 - 4:30pm Youth open gym	2 - 4:30pm Youth open gym		
4:30 - 6:00pm Family Open Gym	4:30 - 6:00pm Family Open Gym	4:30 - 6:00pm Family Open Gym	4:30 - 6:00pm Family Open Gym	4:30 - 6:00pm Family Open Gym		
6:30 - 8:30pm open gym//volleyball League	6:30 - 8:30 pm Adult Basketball	6:30 - 8:30 pm open gym/Rec. V-ball	6:30 - 8:30pm high school basketball	6:00- 8:30 pm Family Gym		

Check with the front desk for schedule changes.