

Gym Schedule

November 2011 - February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5am - 10am Open Gym 8 9am (1/2 ct. Fitness class	5am - 10am Open Gym 8 9am (1/2 ct. Fitness class	5am - 10am Open Gym 8 9am (1/2 ct. Fitness class	5am - 10am Open Gym 8 9am (1/2 ct. Fitness class	5am - 10am Open Gym 8 9am (1/2 ct. Fitness class	
9 -noon Adult Open Gym (ages 16 & above	10 - 11am Fitness Class	10 - 11am Fitness Class	10 - 11am Fitness Class	10 - 11am Fitness Class	10 - 11am Fitness Class	7am - 4:30pm Family Open gym
noon - 2:30pm Family 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	11:30- 1pm Adult Open Gym	b-ball games 8- noon beginning 12/3
	2pm - 4:30pm middle/high open gym	2 - 4:30 pm middle/high open gym	2 - 4:30pm middle/high open gym	2 - 4:30pm middle/high open gym	2 - 4:30pm middle/high open gym	
	4:30 - 5:30pm youth basketball practice	4:30 - 6:30 Youth Basketball Practice	4:30 - 6:30pm Youth Basketball Practice	4:30 - 6:30pm Basketball practice	4:30 - 6:30pm Youth Basketball Practice	
	6:00 - 8:30pm Adult Volleyball League	6:30- 8:30 pm Adult Basketball (age 16 & up)	6:30 pm - 8:30pm Recreational Adult Volleyball	6:30 - 8:30 pm High School Basketball	6:30- 8:30pm Family Gym	