

	MON	TUE	WED	THU	FRI	SAT	SUN							
5:30 AM								5:30 AM						
6:00			Spin 6-6:45 am		Spin 6-6:45 am	Mon-Fri ~ open @ 5:30 am Saturdays ~ open @ 7 am Sundays ~ open @ 1		6:00						
6:30								6:30						
7:00								7:00						
7:30								7:30						
8:00								8:00						
8:30								8:30						
9:00								9:00						
9:30	Silver Sneakers 9:30-10:15		Silver Sneakers 9:30-10:15		Silver Sneakers 9:30-10:15		Indoor Soccer 9:00-12:00	9:30						
10:00								10:00						
10:30	NORTH GYM	SOUTH GYM	NORTH GYM	SOUTH GYM	NORTH GYM	SOUTH GYM		10:30						
11:00													11:00	
11:30													11:30	
12:00 PM													12:00 PM	
12:30												Special Olympics	12:30	
1:00													1:00	
1:30												NORTH GYM	1:30	
2:00												SOUTH GYM	2:00	
2:30												NORTH GYM	2:30	
3:00												SOUTH GYM	3:00	
3:30								Tae Kwon Do 3:30-4:30p						3:30
4:00									Tae Kwon Do 3:30-4:30p		Spin 3:30-4:15p	THE GYMNASIUM IS CLOSED DURING THE SHADED AREA TIMES		4:00
4:30							4:30							
5:00							5:00							
5:30					Tabata 4:15-4:45		5:30							
6:00						Special Olympics 5:30-7p	6:00							
6:30	Aerobics 6-7pm						6:30							
7:00		7-9p					7:00							
7:30		Father/Son Night					7:30							
8:00							8:00							
						Monday-Thursday ~ close @ 8 pm Fridays ~ close @ 7 pm Saturdays close @ 1 / Sundays close @ 4								