

	MON	TUE	WED	THU	FRI	SAT	SUN									
5:30 AM						<b>Mon-Fri ~ open @ 5:30 am</b> <b>Saturdays ~ open @ 7 am</b> <b>Sundays ~ open @ 1</b>		5:30 AM								
6:00			Spin 6-6:45 am		Spin 6-6:45 am			6:00								
6:30								6:30								
7:00								7:00								
7:30								7:30								
8:00								8:00								
8:30								8:30								
9:00							Youth BB 9 - 11 am 13-Jan	9:00								
9:30	Silver Sneakers 9:30-10:15		Silver Sneakers 9:30-10:15		Silver Sneakers 9:30-10:15				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													Special Olympics 11:30-12:45	12:00 PM		
12:30														12:30		
1:00												NORTH GYM	SOUTH GYM	NORTH GYM	SOUTH GYM	1:00
1:30																
2:00														2:00		
2:30														2:30		
3:00														3:00		
3:30		Tae Kwon Do 3:30-4:30p		Tae Kwon Do 3:30-4:30p	Spin 3:30-4:15p			3:30								
4:00							<b>THE GYMNASIUM IS CLOSED DURING THE SHADED AREA TIMES</b>	4:00								
4:30								4:30								
5:00								5:00								
5:30								5:30								
6:00		Aerobics 6-7pm			Tabata 5:30-6p	Special Olympics 5:30-7p		6:00								
6:30					Spin 6-6:45P			6:30								
7:00								7:00								
7:30								7:30								
8:00								8:00								
						<b>Monday-Thursday ~ close @ 8 pm</b> <b>Fridays ~ close @ 7 pm</b> <b>Saturdays close @ 1 / Sundays close @ 4</b>										