

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY				
6 a.m.		Group Cycling 5:45-6:45am	Group Cycling 5:45-7:00am	Group Cycling 5:45-6:45am	Group Cycling 5:45-7:00am	Group Cycling 5:45-6:45am					
7 a.m.		Open Gym 6:45-9:00am	Open Gym 6:30-9:00am	Open Gym 6:45-9:00am	Open Gym 6:30-9:00am	Open Gym 6:45-9:00am	Beginner Cycling 7:00-7:45am (Beginning 1/2 & 2/6)				
8 a.m.		Group Cycling 8:15-9:15am	Yoga Stretch 8:00-9:00am		Yoga Stretch 8:00-9:00am		Group Cycling 7:45-8:45am				
9 a.m.	Group Cycling 9:30-10:30am	Group Cycling 9:15-10:15am	Group Cycling 9:15-10:15am	Group Cycling ½ 9:15-10:15am	Group Cycling 9:15-10:15am	Group Cycling 9:15-10:15am	Group Cycling 9:30-10:30am				
10 a.m.	Open Gym 10:30-11:00am	Open Gym 10:15am-12:30pm	Open Gym 10:15-11:00am	Superchamps 10:30-11:15am	Open Gym 10:30am-12:30pm	Open Gym 10:30am-12:30pm	Youth Basketball League 11:00am-4:00pm				
11 a.m.	Boxing 11:00am-12:00pm		Pee Wee Tumblers ½ 11:00-11:45am	Yoga Stretch 11:30-12:30pm							
12 p.m.	Open Gym 12:00-6:45pm		Open Gym 11:45am-12:30pm	Zumba 12:30-1:30pm				Open Gym 1:00-6:15pm	Kinder Connection 1:30-2:30pm	Open Gym 1:30pm-5:00pm	
1 p.m.		Zumba 12:30-1:30pm	Zumba Gold 12:30-1:30pm	Zumba Gold 12:30-1:30pm	Zumba Gold 12:30-1:30pm						
2 p.m.		Open Gym 12:15-6:00pm	Open Gym 12:15-6:00pm	Kinder Connection 1:30-2:30pm	Open Gym 2:30-4:30pm	Kinder Connection 1:30-2:30pm	Open Gym 1:30pm-5:00pm				
3 p.m.				Open Gym 12:15-6:00pm							Open Gym 2:30-4:30pm
4 p.m.		Teen Cycle 4:30-5:30pm	League Practice ½ 5:45-6:30pm	Open Gym 5:30-6:45pm	Group Cycling ½ 6:15-7:15pm	Teen Cycle ½ 4:30-5:30pm	Group Cycling ½ 5:00-6:00pm				
5 p.m.		League Practice ½ 5:45-6:30pm									Open Gym 5:30-6:45pm
6 p.m.		Closed 6:45pm	League Practice ½ 6:30-7:30pm	Open Gym 8:00-10:15pm	Open Gym 7:15-10:15pm	League Practice 7:00-8:30pm	Open Gym 7:30-10:15pm				
7 p.m.											Open Gym 8:00-10:15pm
8 p.m.	Closed 6:45pm	Open Gym 8:00-10:15pm	Open Gym 8:00-10:15pm	Open Gym 7:15-10:15pm	League Practice 7:00-8:30pm	Open Gym 7:30-10:15pm					
9 p.m.							Close 10:15pm	Close 10:15pm	Close 10:15pm	Close 10:15pm	Close 10:15pm
10:15 p.m.											

Aerobics Room Schedule:

Any Times that ½ the gym is programmed, the other ½ is “open” unless otherwise specified.

- Beginner Ballet 3-5 yrs. old Saturday 1:30-2:15pm