



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00		5:00	5:00	5:00	5:00	5:00	5:00
5:15		5:15	5:15	5:15	5:15	5:15	5:15
5:30		Open Gym 5:00-6:30	5:30	5:30	5:30		5:30
5:45	Interval Conditioning		5:45	TBC	5:45	Fitness 5:30-6:30	5:45
6:00		6:00	6:00		6:00		6:00
6:15			6:15	6:15	6:15		6:15
6:30			6:30	6:30	6:30		6:30
6:45		Adult B-ball	6:45	6:45	6:45	Adult B-Ball 6:00-8:45	6:45
7:00			7:00	7:00	7:00		7:00
7:15			7:15	7:15	7:15		7:15
7:30			7:30	7:30	7:30		7:30
7:45			7:45	7:45	7:45		7:45
8:00			8:00	8:00	8:00		8:00
8:15	Cardio		8:15	8:15	8:15		8:15
8:30			8:30	8:30	8:30		8:30
8:45			8:45	8:45	8:45		8:45
9:00			9:00	9:00	9:00	Interval Condo 9:00-10:00	9:00
9:15			9:15	9:15	9:15		9:15
9:30			9:30	9:30	9:30		9:30
9:45			9:45	9:45	9:45		9:45
10:00			10:00	10:00	10:00		10:00
10:15			10:15	10:15	10:15		10:15
10:30			10:30	10:30	10:30		10:30
10:45			10:45	10:45	10:45		10:45
11:00			11:00	11:00	11:00		11:00
11:15			11:15	11:15	11:15		11:15
11:30			11:30	11:30	11:30		11:30
11:45			11:45	11:45	11:45		11:45
12:00			12:00	12:00	12:00		12:00
12:15	Y Camp	Y Camp	Y Camp	Y Camp	Y Camp		12:15
12:30			12:30	12:30	12:30		12:30
12:45			12:45	12:45	12:45		12:45
1:00			1:00	1:00	1:00	Open Gym	1:00
1:15			1:15	1:15	1:15		1:15
1:30			1:30	1:30	1:30		1:30
1:45			1:45	1:45	1:45		1:45
2:00			2:00	2:00	2:00		2:00
2:15			2:15	2:15	2:15		2:15
2:30			2:30	2:30	2:30		2:30
2:45			2:45	2:45	2:45		2:45
3:00			3:00	3:00	3:00		3:00
3:15			3:15	3:15	3:15		3:15
3:30			3:30	3:30	3:30		3:30
3:45			3:45	3:45	3:45		3:45
4:00			4:00	4:00	4:00		4:00
4:15			4:15	4:15	4:15		4:15
4:30			4:30	4:30	4:30		4:30
4:45			4:45	4:45	4:45		4:45
5:00			5:00	5:00	5:00		5:00
5:15			5:15	5:15	5:15		5:15
5:30			5:30	5:30	5:30		5:30
5:45			5:45	5:45	5:45		5:45
6:00			6:00	6:00	6:00		6:00
6:15			6:15	6:15	6:15		6:15
6:30			6:30	6:30	6:30		6:30
6:45			6:45	6:45	6:45		6:45
7:00			7:00	7:00	7:00		7:00
7:15			7:15	7:15	7:15		7:15
7:30			7:30	7:30	7:30		7:30
7:45			7:45	7:45	7:45		7:45
8:00			8:00	8:00	8:00		8:00
8:15			8:15	8:15	8:15	Closed	8:15
8:30			8:30	8:30	8:30		8:30
8:45			8:45	8:45	8:45		8:45
9:00			9:00	9:00	9:00		9:00
9:15			9:15	9:15	9:15		9:15
9:30			9:30	9:30	9:30		9:30
9:45			9:45	9:45	9:45		9:45

Summer Gym Schedule: 6/11/18-8/17/18
schedule subject to change