

# Winter Gym Schedule

Effective November 28, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 – 10:00 Vinyasa Yoga	5:15 - 6:15 Grind 21	5:15 - 8:30 Open Gym	5:15 - 6:15 Grind 21	5:15 - 8:30 Open Gym	5:15 - 6:15 Grind 21	8:30 - 9:30 Flex & Flow Yoga
10:00 – 11:00 Youth Basketball	6:15 - 8:30 Open Gym	8:30 - 9:30 Yoga with Static Stretching	6:15 - 8:30 Open Gym	8:30 - 9:30 Beginner Yoga	6:15 - 8:30 Open Gym	9:30 - 11:00 Youth Basketball
11:00 – 12:00 Youth Basketball	8:30 - 9:30 Hi Lo Infusion	10:00 - 11:00 Table Tennis	8:30 - 9:30 Core and Cardio Drumming	10:00 - 11:00 Pickleball	8:30 - 9:30 Hi Lo Infusion	11:00 - 12:00 Youth Basketball
12:00 – 1:00 Youth Basketball	10:00 - 11:00 Pickleball	11:00 - 12:00 Table Tennis	10:00 - 11:00 Pickleball	11:00 - 12:00 Pickleball	10:00 - 11:00 Pickleball	12:00 - 1:00 Youth Basketball
1:00 – 2:00 Youth Basketball	11:00 - 12:00 Pickleball	12:00 - 1:00 Table Tennis	11:00 - 12:00 Pickleball	12:00 - 1:00 Table Tennis	11:00 - 12:00 Pickleball	1:00 - 2:00 Youth Basketball
2:00 – 3:00 Youth Basketball	12:00 - 1:00 Cornhole	1:00 - 2:00 Table Tennis	12:00 - 1:00 Adult Pickup Basketball	1:00 - 2:00 Table Tennis	12:00 - 1:00 Cornhole	2:00 - 3:00 Youth Basketball
	1:00 - 2:00 Cornhole	2:00 - 3:00 Pickleball	1:00 - 2:00 Adult Pickup Basketball	2:00 - 3:00 Pickleball	1:00 - 2:00 Cornhole	
	2:00 - 3:00 Gym Maintenance	3:00 - 4:00 Pickleball	2:00 - 3:00 Gym Maintenance	3:00 - 4:00 Pickleball	2:00 - 3:00 Gym Maintenance	
	3:00 - 4:30 Open Gym	4:00 - 5:00 Open Gym	3:00 - 4:00 Open Gym	4:00 - 5:00 Open Gym	3:00 - 4:00 Open Gym	
	4:30 - 5:30 Yoga Stretch	5:00 - 6:00 Youth Basketball	4:00 - 5:00 Open Gym	5:00 - 6:00 Youth Basketball	4:00 - 5:00 Open Gym	
	5:30 - 6:00 Youth Basketball	6:00 - 7:00 Youth Basketball	5:00 – 7:30 Adult Badminton League	6:00 - 7:00 Youth Basketball	5:00 - 6:00 Youth Basketball	
	6:00 - 7:00 Youth Basketball	7:00 - 8:00 Youth Basketball	7:30 – 9:00 Adult Basketball League	7:00 - 8:00 Youth Basketball	6:00 - 7:00 Youth Basketball	
	7:00 - 8:00 Youth Basketball	8:00 - 9:00 Youth Basketball		8:00 - 9:00 Youth Basketball	7:00 - 8:00 Youth Basketball	
	8:00 - 9:00 Youth Basketball				8:00 - 9:00 Youth Basketball	

**Gym Schedule Key**

	Youth Basketball		Fitness/Yoga Classes		Table Tennis		Open Gym
	Pickleball		Adult Recreation		Cornhole		



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