

# Spring-Summer Gym Schedule

Effective April 1<sup>st</sup>, 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00AM-10:00AM Open Gym	5:15-6:15AM Grind 21- Workshop*	5:15-8:30AM Open Gym	5:15-6:15AM Grind 21- Workshop*	5:15-8:30AM Open Gym	5:15-6:15AM Grind 21- Workshop*	7:00-8:30AM Open Gym
10:00-11:30PM Open Gym	6:15-8:30AM Open Gym	8:30-9:30AM Yoga with Static Stretching	6:15-8:30AM Open Gym	8:30-9:30AM Yoga Class	6:15-8:30AM Open Gym	8:30-9:30AM Flex and Flow Yoga
11:30-1:00PM Open Gym	8:30-9:30AM Hi Lo Infusion	10:00-12:00PM Table Tennis	8:30-9:30AM Drumming Cardio	10:00-12:00PM Pickleball	8:30-9:30AM Hi Lo Infusion	9:30-3:00PM Open Gym
	10:00-11:30PM Pickleball	12:00-2:00PM Lunch Time Hoops	10:00-11:30PM Pickleball	12:00-2:00PM Lunch Time Hoops	10:00-11:30PM Pickleball	
	11:30-1:00 PM Pickleball		11:30-1:00 PM Pickleball		11:30-1:00 PM Pickleball	
	1:00-2:00PM Open Gym	2:00-4:00PM Pickleball	1:00-2:00PM Open Gym	2:00-4:00PM Pickleball	1:00-2:00PM Open Gym	
	2:00-4:00PM Pickleball		2:00-4:00PM Pickleball		2:00-4:00PM Pickleball	
	4:30-5:30PM Yoga Stretch	4:00-7:00PM Summer Hoops (6/25-8/1)	4:30-5:30PM Strength & Stretch	4:00-7:00PM Summer Hoops (6/25-8/1)	4:00-5:00PM Open Gym	
	6:00-8:00PM Pickleball		6:00-8:00PM Pickleball		5:30-8:00PM Open Gym	

# Spring-Summer BerkFit Schedule

Effective April 1<sup>st</sup>, 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		4:30-5:30PM Super Circuit	4:30-5:30PM Boxing		8:30-9:30AM Boxing	9:00-10:00AM SPIN