



GYM SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:15am - 6:15am Grind 21 Workshop*	5:15am - 8:30am Open Gym	5:15am - 6:15am Grind 21 Workshop*	5:15am - 8:30am Open Gym	5:15am - 6:15am Grind 21 Workshop*	
	6:15am - 8:30am Open Gym		6:15am - 8:30am Open Gym		6:15am - 8:30am Open Gym	7:00am - 8:30am Open Gym
	8:30am - 9:30am Hi Lo Infusion	8:30am - 9:30am Yoga	8:30am - 9:30am Drumming	8:30am - 9:30am Yoga	8:30am - 9:30am Hi Lo Infusion	8:30am - 9:30am Flex and Flow Yoga
9:30am - 1:00pm Open Gym	10:00am - 11:30am Pickleball	10:00am - 12:00pm Table Tennis	10:00am - 11:30am Pickleball	10:00am - 12:00pm Table Tennis	10:00am - 11:30am Pickleball	9:30am - 3:00pm Open Gym
	11:30am - 1:00pm Pickleball		11:30am - 1:00pm Pickleball		11:30am - 1:00pm Pickleball	
1:00pm - 2:00pm Open Gym	12:00pm - 2:00pm Lunch Time Hoops	1:00pm - 2:00pm Open Gym	12:00pm - 2:00pm Lunch Time Hoops	1:00pm - 2:00pm Open Gym		
2:00pm - 4:00pm Pickleball	2:00pm - 4:00pm Pickleball	2:00pm - 4:00pm Pickleball	2:00pm - 4:00pm Pickleball	2:00pm - 4:00pm Pickleball		
4:30pm - 5:30pm Yoga Stretch	4:00pm - 6:00pm Open Gym	4:30pm - 5:30pm Yoga Stretch	4:00pm - 6:00pm Open Gym	4:00pm - 8:00pm Open Gym		
5:30pm - 8:00pm Open Gym	6:00pm - 8:00pm Pickleball	6:00pm - 8:00pm Gym Rental	6:00pm - 8:00pm Pickleball			

BERKSHIRE FIT STUDIO SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					8:30am - 9:30am Adult Boxing	
	4:00pm - 4:45pm Youth Boxing (Beginners)		5:00pm - 6:00pm Adult Boxing			

