



Fall 2019

Main Gym Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Morning	Early Riser Boot Camp 6:00-7:00 a.m.	Racer Cycling 6:00-7:00 a.m.	Early Riser Boot Camp 6:00-7:00 a.m.		Racer Cycling 6:00-7:00 a.m.	Karate 9:00 a.m.-12:30 p.m.		
	Best of Both World 9:30-10:45 a.m.	Pilates: Small Equipment 9:00-10:00 a.m.	MOC 45/30 9:30-10:45 a.m.					
			Monkeys Can Swim 9:30-11:00 a.m.					
Afternoon		Drop in Pickleball* 12:30-2:00 p.m.	Monkeys Can Swim 12:30-2:00 p.m.	Backyardgames* 2:30-3:30 p.m.	Drop in Pickleball* 1:00-3:00 p.m.	Youth/Teen Drop in Volleyball* 2:00-3:00 p.m.	Junior Tennis 10:00 a.m. - 2:00 p.m.	
							Family Open Table Tennis 12:30-1:30 p.m.	
							Pickleball Clinic* 3:00-4:30 p.m.	Table Tennis for Juniors 1:30-3:30 p.m.
Evening	Sport Ready 4:00-7:00 p.m.	Karate 6:00-8:30 p.m.	Junior Tennis 4:00-8:00 p.m.	Parkour 4:00-7:00 p.m.	Gaining the Edge Youth High Performance 4:00-5:00 p.m.	Youth/Teen Drop in Basketball* 4:30-5:30p.m.		
	Learn to Train Volleyball 6:00-7:00 p.m.		Learn to Train Basketball 6:30-7:30 p.m.					
	Train to Train Volleyball 7:00-8:00 p.m.		Drop in Volleyball* 8:30-9:30 p.m.	Train to Train Basketball 7:30-8:30 p.m.	Pickleball Open Play* 7:30-10:00 p.m.			
	Pickleball Open Play* 8:00-10:00 p.m.		Drop in Basketball* 9:30-11:00 p.m.	Adult Open Table Tennis 8:30 - 10:00 p.m.				

 Full Gym being used for class
 Half Gym being used for class
 *Gym space may become available if there is room for program to use half of the gym.
 Gym is available unless otherwise stated or blocked off for events/classes