

WINTER GYM SCHEDULE January 2nd- February 25th 2018

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY			
COURT 1	COURT 2	COURT 1	COURT 2	COURT 1	COURT 2	COURT 1	COURT 2	COURT 1	COURT 2	COURT 1	COURT 2	COURT 1	COURT 2		
OPEN GYM 5:00-7:45AM		OPEN GYM 5:00-7:45AM		OPEN GYM 5:00-7:45AM		OPEN GYM 5:00-7:45AM		OPEN GYM 5:00-7:45AM							
8:00- 8:45AM SILVER SNEAKERS CARDIO Jenn		8:00-9:00AM SILVER SNEAKERS LEVEL 2 Cheryl		8:00-8:45AM SILVER SNEAKERS CARDIO Gerry		8:00-9:00AM SILVER SNEAKERS LEVEL 2 Gerry		8:00-8:45AM SILVER SNEAKERS CARDIO Polly		OPEN GYM 6:00-8:00AM		18+ Men's League 7:45AM-12:00PM			
9:15-10:15AM TOTAL BODY CONDITIONING Diane		9:15-10:15AM SILVER SNEAKERS LEVEL 1 Michele		9:15-10:15AM BODY SCULPT Polly		9:15-10:15AM SILVER SNEAKERS LEVEL 1 Michele		9:15-10:15AM SCULPT & STRENGTH Polly						OPEN GYM 12:00- 3:00PM	
10:30AM -12:00PM OPEN GYM		10:30-11:30AM SILVER SNEAKERS I Michele		REC BASKETBALL 10:30AM-2:00PM		10:30-11:30AM SILVER SNEAKERS LEVEL 1 Annalisa		Pickle Ball 10:30-12:00PM		Kinder Sports 10:30-11:15AM				OPEN GYM 12:00AM - 3:00PM	
REC BASKETBALL 12:00-2:00PM		REC BASKETBALL 12:00-2:00PM				REC BASKETBALL 12:00-2:00PM		REC BASKETBALL 12:00-2:00PM		Baseball Clinic 2:00-5:00PM					
OPEN GYM 2:00 -7:00PM		OPEN GYM 2:00-6:00PM		Open Gym 2:00PM-4:15PM		Open Gym 2:00 -4:30		OPEN GYM 2:00- 4:00PM				OPEN GYM 3:00 5:55PM		FAMILY GYM 3:00-5:55PM	
		Kinder Sports 4:15 -5:00		Kinder Sports 4:15P -5:00P		Open Gym 4:30- 6:00PM		Gymnastic Practice 4:30- 6:00PM		Kinder Sports 4:15 -5:00PM					
Gymnastic Practice 5:00- 6:00PM		Gymnastic Practice 5:00- 6:00PM		Open Gym 5:00- 6:00PM		Gymnastic Practice 5:00- 5:45PM		OPEN GYM 5:00- 5:15PM		DUNKERS 4:45-5:30PM Falecia		OPEN GYM 3:00-5:55PM			
		YBL Practice 6:00-8:00PM		YBL Practice 6:00-9:00PM		Slo-Break League 6:00-8:45PM		PICKLEBALL 18+ 6:00-9:00PM						YBL GAMES 5:30-8:30PM	
YBL Practice 7:00-9:00PM		YBL Practice 7:00-8:00PM		OPEN GYM 8:45 -9:55PM						OPEN VOLLEYBALL 18+ 6:15-9:30PM		OPEN GYM 8:35-9:55PM			
OPEN GYM 9:00-9:55PM		Open Gym 9:00-9:55PM				FAMILY GYM 8-9:55PM		OPEN GYM 9:00-9:55PM						OPEN GYM 9:00-9:55PM	
8:15-10:00PM 18+		FAMILY GYM 8-9:55PM		OPEN GYM 8:45 -9:55PM						OPEN GYM 9:00-9:55PM		OPEN GYM 9:00-9:55PM			
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