

Basketball/Volleyball Gym Schedule

Beginning 3/8/2021

*subject to change

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
	Gym #1	Gym #2	Gym #1	Gym #2	Gym #1	Gym #2	Gym #1	Gym #2	Gym #1	Gym #2	Gym #1	Gym #2	
5:30 AM													
6:00 AM				Tabata		Tabata		Tabata					
6:30 AM													
7:00 AM													
7:30 AM													
8:00 AM		Body Toning				Body Toning				Body Toning			
8:30 AM													
9:00 AM			Cardio Core	Open Pickleball			Cardio Core	Open Pickleball				Open Pickleball	
9:30 AM													
10:00 AM													
10:30 AM	Closed for Cleaning		Closed for Cleaning		Closed for Cleaning		Closed for Cleaning		Closed for Cleaning				
11:00 AM				Open Pickleball				Open Pickleball		Sporties 4 Shorties			
11:30 AM													
12:00 PM													
12:30 PM												Closed for Cleaning	
1:00 PM		Silver Sneakers				Silver Sneakers				Silver Sneakers			
1:30 PM													
2:00 PM													
2:30 PM	Closed for Cleaning		Closed for Cleaning		Closed for Cleaning		Closed for Cleaning		Closed for Cleaning				
3:00 PM													
3:30 PM													
4:00 PM													
4:30 PM				Body Toning				Body Toning					
5:00 PM													
5:30 PM													
6:00 PM	Volleyball Skills Dev.	Sporties 4 Shorties											
6:30 PM													
7:00 PM													
7:30 PM													
8:00 PM													
8:30 PM													
9:00 PM													

*Limit 1 Member or Family Unit Per Goal**Bring Your Own Ball**No Pick-Up Games Allowed**A Mask is Required To Be Worn At All Times**