



# GYM SCHEDULE

10.22.24-  
12.17.24

Download our app |  
IOS, Android, Google, & More!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:30-8:15 AM Open Gym	4:30-8:30 AM Open Gym	4:30-8:15 AM Open Gym	4:30-8:30 AM Open Gym	4:30-8:15 AM Open Gym	6:00-7:00 AM Open Gym	7:00 AM-1:00 PM Open Gym
8:15-8:45 AM Y-Walk	8:30-9:30 AM Zumba	8:15-8:45 AM Y-Walk	8:30-9:30 AM Zumba	8:15-8:45 AM Y-Walk	7:00-8:00 AM Body Combat	
9:00-11:00 AM Pickleball	9:30-11:00 AM Pickleball	9:00-11:00 AM Pickleball	9:30-11:00 AM Pickleball	9:00-11:00 AM Pickleball	8:00-8:45 AM Zumba	
11:00 AM-8:00 PM Open Gym	8:45 AM-6:00 PM Open Gym					