

GYMNASIUM SCHEDULE MARCH 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
1p-2p: Tiger BB (1/2 court) 2p-3p: Bradley BB (1/2 court) 3p-4p: Brooks BB (1/2 court)	9:15a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:30p-3:30p: Rock Steady 4:30p-5:15p: Petit-Homme BB 5:30p-6:30p: Pilates 6:30p-9p: Pickleball	10:15a-11:15a: Hooping 11:15a-1:15p: Rock Steady 3:30p-5:00p: BB Practice 5:30p-6:30p: HIIT 6:40p-9:20p: BB Practice	9:15a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 3:30p-5:00p: BB Practice 5:30p-6:30p: Pilates 7:30p-9p: Pickleball	11:15a-1:15p: Rock Steady 1:30p- 3:30p: Pickleball 3:30p-5:00p: BB Practice 5:30p-6:30p: HIIT 6:40p-9:20p: BB Practice	9a-10:30a: Adult Basketball Pick-Up Games 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 4p-5p: Pringle BB Practice (1/2 court) 5:30-7:30: Adult Volleyball	9:15a-10:15a: Pilates 10:30a-Closing: BASKETBALL GAMES!
8	9	10	11	12	13	14
1p-2p: Tiger BB (1/2 court) 2p-3p: Bradley BB (1/2 court) 3p-4p: Brooks BB (1/2 court)	9:15a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:30p-3:30p: Rock Steady 4:30p-5:15p: Petit-Homme BB 5:30p-6:30p: Pilates 6:30p-9p: Pickleball	10:15a-11:15a: Hooping 11:15a-1:15p: Rock Steady 3:30p-5:00p: BB Practice 5:30p-6:30p: HIIT 6:40p-9:20p: BB Practice	9:15a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 3:30p-5:00p: BB Practice 5:30p-6:30p: Pilates 7:30p-9p: Pickleball	11:15a-1:15p: Rock Steady 1:30p- 3:30p: Pickleball 3:30p-5:00p: BB Practice 5:30p-6:30p: HIIT 6:40p-9:20p: BB Practice	9a-10:30a: Adult Basketball Pick-Up Games 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 4p-5p: Pringle BB Practice (1/2 court)	9:15a-10:15a: Pilates 10:30a-Closing: BASKETBALL GAMES!
15	16	17	18	19	20	21
	9:15a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:30p-3:30p: Rock Steady 5:30p-6:30p: Pilates 6:30p-9p: Pickleball	10:15a-11:15a: Hooping 11:15a-1:15p: Rock Steady 5:30p-6:30p: HIIT	9:15a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 5:30p-6:30p: Pilates 7:30p-9p: Pickleball	11:15a-1:15p: Rock Steady 1:30p- 3:30p: Pickleball 5:30p-6:30p: HIIT	9a-10:30a: Adult Basketball Pick-Up Games 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 5:30-7:30: Adult Volleyball	
22	23	24	25	26	27	28
	9:15a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:30p-3:30p: Rock Steady 5:30p-6:30p: Pilates 6:30p-9p: Pickleball	10:15a-11:15a: Hooping 11:15a-1:15p: Rock Steady 5:30p-6:30p: HIIT	9:15a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 5:30p-6:30p: Pilates 7:30p-9p: Pickleball	11:15a-1:15p: Rock Steady 1:30p- 3:30p: Pickleball 5:30p-6:30p: HIIT	9a-10:30a: Adult Basketball Pick-Up Games 12p-12:30p: HIIT Express 12:30p-12:45p: Abs	
29	30	31	APR 1	APR 2	APR 3	APR 4
	9:15a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:30p-3:30p: Rock Steady 5:30p-6:30p: Pilates 6:30p-9p: Pickleball	10:15a-11:15a: Hooping 11:15a-1:15p: Rock Steady 5:30p-6:30p: HIIT 6:40p-8:45p: Youth Volleyball	9:15a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 5:30p-6:30p: Pilates 7:30p-9p: Pickleball	11:15a-1:15p: Rock Steady 1:30p- 3:30p: Pickleball 5:30p-6:30p: HIIT 6:40p-8:45p: Youth Volleyball	9a-10:30a: Adult Basketball Pick-Up Games 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 5:30-7:30: Adult Volleyball	

Time indicated are reserved; additional times are considered open play