

December 2020 Gymnasium Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		11:15a-12:30p: 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 6:30p-8:30p: Pickleball	11:15a-12:30p: Rock Steady 5:30p-6:30p: HIIT	Swim Meet Gym Closed 8:30am – 12:30pm Gym 2:30 – 7:30pm	Swim Meet Gym Closed 8:30am – 12:30pm and 2:30pm – 7:30pm
6	7	8	9	10	11	12
	9:15a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:30p-2:45p: Rock Steady 5:30p-6:30p: Pilates 6:30p-8:30p: Pickleball	11:15a-12:30p: 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 6:30p-8:30p: Pickleball	11:15a-12:30p: Rock Steady 5:30p-6:30p: HIIT	12p-12:30p: HIIT Express 12:30p-12:45p: Abs	9:15a-10:15a: Pilates
13	14	15	16	17	18	19
	9:15a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:30p-2:45p: Rock Steady 5:30p-6:30p: Pilates 6:30p-8:30p: Pickleball	11:15a-12:30p: Rock Steady 5:30p-6:30p: HIIT Basketball Practice 6:30 – 8:30pm	9:15a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 5:30p-6:30p: Pilates 6:30p-8:30p: Pickleball	11:15a-12:30p: Rock Steady 5:30p-6:30p: HIIT Basketball Practice 6:30 – 8:30pm	12p-12:30p: HIIT Express 12:30p-12:45p: Abs	9:15a-10:15a: Pilates
20	21	22	23	24	25	26
	9:15a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:30p-2:45p: Rock Steady 5:30p-6:30p: Pilates 6:30p-8:30p: Pickleball	11:15a-12:30p: Rock Steady 5:30p-6:30p: HIIT Basketball Practice 6:30 – 8:30pm	9:15a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 5:30p-6:30p: Pilates 6:30p-8:30p: Pickleball	CLOSED CHRISTMAS EVE	CLOSED MERRY CHRISTMAS	9:15a-10:15a: Pilates
27	28	29	30	31		
	9:15a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:30p-2:45p: Rock Steady 5:30p-6:30p: Pilates 6:30p-8:30p: Pickleball	11:15a-12:30p: Rock Steady 5:30p-6:30p: HIIT Basketball Practice 6:30 – 8:30pm	9:15a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 5:30p-6:30p: Pilates 6:30p-8:30p: Pickleball	11:15a-12:30p: Rock Steady		

Times indicated are reserved; additional times are considered open play