

# July 2021 Gym Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				8:00a-9:15a Barre 11:15a-12:30p: Rock Steady 1:00p-2:00p: Huddle 3:00-4:00p: Huddle ½ Gym 4:00p-5:00p; BBall Practice 5:30p-6:30p: HIIT 6:30p-9:30p: Basketball Practice	11:45a-12:30p: HIIT Express 12:30p-12:45p: Abs 6:30p-7:30p BBall Practice	9:15-10:15a Pilates 11:00a-1:00p: Basketball Practice
4	5	6	7	8	9	10
4:00-5:00p: Basketball Practice	5:00p-6:00p:BBall Practice 6:30p-9:30p: Pickleball	5:30a-6:30a HIIT 8:00a-9:15a Barre 11:15a-12:30p: Rock Steady 5:15p-6:30p: HIIT 6:30p-9:30p: Basketball Games	9:15a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	8:00a-9:15a Barre 11:15a-12:30p: Rock Steady 5:15p-6:30p: HIIT 6:30p-9:30p: Basketball games	Gym Closed Swim Meet	Gym Closed Swim Meet
11	12	13	14	15	16	17
Gym Closed Swim Meet	9:00a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:30p-2:45p: Rock Steady 4:00p-5:00p: BBall Practice 5:15p-6:30p: Pilates 6:30p-9:30p: Basketball Games	5:30a-6:30a HIIT 8:00a-9:15a Barre 11:15a-12:30p: Rock Steady 1:00p-2:00p: Huddle 3:00p-3:30: Huddle/Camp 3:30p-4:00p: Huddle ½ Gym 4:00p-5:00p: BBall Practice 5:15p-6:30p: HIIT 6:30p-9:30p: Basketball Games	9:15a-10:15a: Pilates 10:50a-11:50a: Camp 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:00p-2:00p: Huddle ½ Gym 3:00p-3:30p: Huddle/Camp 3:30p-4:00p: Huddle ½ Gym 4:00p-5:00p: Bball Practice 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	8:00a-9:15a Barre 11:15a-12:30p: Rock Steady 1:00p-2:00p: Huddle 3:00-4:00p: Huddle ½ Gym 4:00p-5:00p: Bball Practice 5:30p-6:30p: HIIT 6:30p-9:30p: Basketball Games	9:35a-10:35a: Camp 12p-12:30p: HIIT Express 12:30p-12:45p: Abs	9:15-10:15a Pilates 11:30a-2:30p Volleyball
18	19	20	21	22	23	24
4:00p-6:00p: Basketball Practice	9:00a-10:15a: Pilates 10:30a-11:45a: Volleyball 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:30p-2:45p: Rock Steady 4:00p-5:00p: BBall Practice 5:15p-6:30p: Pilates 6:30p-9:30p: Basketball Games	5:30a-6:30a HIIT 8:00a-9:15a Barre 11:15a-12:30p: Rock Steady 1:00p-2:00p: Huddle 3:00p-3:30: Huddle/Camp 3:30p-4:00p: Huddle ½ Gym 4:00p-5:00p: BBall Practice 5:15p-6:30p: HIIT 6:30p-9:30p: Basketball Games	9:15a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:00p-2:00p: Huddle ½ Gym 3:00p-3:30p: Huddle/Camp 3:30p-4:00p: Huddle ½ Gym 4:00p-5:00p: BBall Practice 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	8:00a-9:15a Barre 11:15a-12:30p: Rock Steady 1:00p-2:00p: Huddle 3:00-4:00p: Huddle ½ Gym 4:00p-5:00p: BBall Practice 5:15p-6:30p: HIIT 6:30p-9:30p: Basketball Games	12p-12:30p: HIIT Express 12:30p-12:45p: Abs 6:00p-8:00p: Open Volleyball	9:15-10:15a Pilates 11:30a-2:30p Volleyball 2:30p-6:00p: Pickleball
25	26	27	28	29	30	31
	9:00a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:30p-2:45p: Rock Steady 4:00p-5:00p: BBall Practice 5:15p-6:30p: Pilates 6:30p-9:30p: Basketball Games	5:30a-6:30a HIIT 8:00a-9:15a Barre 11:15a-12:30p: Rock Steady 1:00p-2:00p: Huddle 3:00p-3:30: Huddle/Camp 3:30p-4:00p: Huddle ½ Gym 5:15p-6:30p: HIIT 6:30p-9:30p: Basketball Games	9:15a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:00p-2:00p: Huddle ½ Gym 3:00p-3:30p: Huddle/Camp 3:30p-4:00p: Huddle ½ Gym 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	8:00a-9:15a Barre 11:15a-12:30p: Rock Steady 1:00p-2:00p: Huddle 3:00-4:00p: Huddle ½ Gym 4:00p-5:00p: BBall Practice 5:15p-6:30p: HIIT 6:30p-9:30p: Basketball Games	12p-12:30p: HIIT Express 12:30p-12:45p: Abs	9:15-10:15a Pilates 11:30a-2:30p Volleyball

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