

May - Basketball Gym Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00a-10:15a: Pilates 11:00a-11:45a: Strength 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:15p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	2 8:00a-9:15a: Strength 9:15a-10:45a:Swim 4 life 11:15a-12:30p Rock Steady 1:15p-2:30: Montessori 6:45p-8p Volleyball Practice	3 11:45a-12:30p: HIIT Express 12:30p-12:45p: Abs	4 8:15a-9:15a: Pilates 1p-4p: Pickleball
5	6 9:00a-10:15a: Pilates 11:00a-11:45a: Strength 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:15p-2:30: Montessori 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	7 8:00a-9:15a: Barre 9:15a-10:45a:Swim 4 life 11:15a-12:30p: Rock Steady 5:15p-6:30p: HIIT 6:45p-8p Volleyball Practice	8 9:00a-10:15a: Pilates 11:00a-11:45a: Strength 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:15p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	9 8:00a-9:15a: Strength 9:15a-10:45a:Swim 4 life 11:15a-12:30p Rock Steady 1:15p-2:30: Montessori 6:45p-8p Volleyball Practice	10 11:45a-12:30p: HIIT Express 12:30p-12:45p: Abs	11 8:15a-9:15a: Pilates 10:30p-2p Volleyball
12	13 9:00a-10:15a: Pilates 11:00a-11:45a: Strength 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:15p-2:30: Montessori 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	14 8:00a-9:15a: Barre 9:15a-10:45a:Swim 4 life 11:15a-12:30p: Rock Steady 5:15p-6:30p: HIIT	15 9:00a-10:15a: Pilates 11:00a-11:45a: Strength 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:15p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	16 8:00a-9:15a: Strength 9:15a-10:45a:Swim 4 life 11:15a-12:30p Rock Steady 1:15p-2:30: Montessori	17 11:45a-12:30p: HIIT Express 12:30p-12:45p: Abs	18 8:15a-9:15a: Pilates 1p-4p: Pickleball
19	20 9:00a-10:15a: Pilates 11:00a-11:45a: Strength 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	21 8:00a-9:15a: Barre 11:15a-12:30p: Rock Steady 5:15p-6:30p: HIIT	22 9:00a-10:15a: Pilates 11:00a-11:45a: Strength 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:15p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	23 8:00a-9:15a: Strength 11:15a-12:30p Rock Steady	24 11:45a-12:30p: HIIT Express 12:30p-12:45p: Abs	25 8:15a-9:15a: Pilates
26	27 9:00a-10:15a: Pilates 11:00a-11:45a: Strength 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	28 8:00a-9:15a: Barre 11:15a-12:30p: Rock Steady 5:15p-6:30p: HIIT	29 9:00a-10:15a: Pilates 11:00a-11:45a: Strength 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:15p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	30 8:00a-9:15a: Strength 11:15a-12:30p Rock Steady	31 11:45a-12:30p: HIIT Express 12:30p-12:45p: Abs	