

December - Basketball Gym Schedule

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

