

October - 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 11:15a-12:30p Rock Steady 5:30-6:30p: HITT 6:45p-8p: Volleyball	3 11:45a-12:30p: HIIT Express 12:30p-12:45p: Abs	4 8:15a-9:00a: Hip Hop 9:15a-10:15a: Pilates 10am-2pm: Volleyball
5 1:30p-3:00p-Volleyball	6 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	7 8:00a-9:15a: Barre 11:15a-12:30p: Rock Steady 5:30-6:30p: HITT 6:45p-8p: Volleyball	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 11:15a-12:30p Rock Steady 5:30-6:30p: HITT 6:45p-8p: Volleyball	10 11:45a-12:30p: HIIT Express 12:30p-12:45p: Abs	11 8:15a-9:00a: Hip Hop 9:15a-10:15a: Pilates 1p-4p: Pickleball
12 1:30p-3:00p-Volleyball	13 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	14 8:00a-9:15a: Barre 11:00a-1:00pm: Oschners 5:30-6:30p: HITT 6:45p-8p: Volleyball	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 11:15a-12:30p Rock Steady 5:30-6:30p: HITT 6:45p-8p: Volleyball	17 11:45a-12:30p: HIIT Express 12:30p-12:45p: Abs	18 8:15a-9:00a: Hip Hop 9:15a-10:15a: Pilates 10am-2pm: Volleyball
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