

Spring 1 2020 Gym/Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>8:00-9:30am Strong Warrior *1st Sunday of every month</i>	<i>Bootcamp 6:00-7:00 am</i>	<i>Pump It Up! 6:00-7:00 am</i>	<i>Active Older Adults 6:15-7:15 am</i>	<i>Pump It Up! 6:00-7:00 am</i>	<i>Back to Abs 6:00-6:30am</i>	<i>Shared court with Athletic Conditioning class 8:00am-9:15am</i>
	<i>Active Older Adults 8:30-9:15 am</i>	<i>Zumba 9:00-10:00am</i>	<i>Active Older Adults 8:30-9:15 am</i>		Adult Volleyball 7:00-8:30am	<i>Bootcamp 9:00-10:00 am</i>
	<i>Pump It Up! 9:15-10:00 am</i>	<i>Butt and Gut 10:00-11:00am</i>	<i>Zumba 9:15-10:15 am</i>	<i>African Caribbean Dance 9:00-10:00am</i>	<i>Active Older Adults 8:30-9:15 am</i>	
Adult Basketball 10:30am- 1:00 pm	<i>Zumba 10:00-11:00 am</i>	Adult Basketball 11:00am-2:30 pm	<i>Pump It Up 10:15-11:15 am</i>	<i>Strength, Endurance and Balance 1 10:-11:15am</i>	<i>Pump It Up! 9:15-10:15 am</i>	Adult Basketball 10:00am-12:30pm
	Pickle Ball 11:00am-12:15pm	Teen Open Gym 2:30-3:45pm	Adult Basketball 11:15am-2:30 pm	Pickle Ball 11:15am-12:30pm	<i>Zumba 10:15-11:15 am</i>	Family Sports 12:30-1:00pm
Intramural Volleyball 1:00-3:00pm	Adult Basketball 12:15-2:30 pm	She Got Game 1 3:45-4:30pm	Teen Open Gym 2:30-3:45pm	Adult Basketball 12:30-2:30 pm	Adult Basketball 12noon-2:30 pm	Panthers Practice 1:00-3:00pm
Youth Open Gym 3:00-4:00pm	Teen Open Gym 2:30-3:45pm	She Got Game 2 4:30-5:15pm	Rookie Basketball 3:45-4:30pm	Teen Open Gym 2:30-4:00pm	Youth Open Gym 2:30-4:30pm	Youth Open Gym 3:00pm-4:00pm
Teen Open Gym 4:00-5:00pm	All-Star Basketball 3:45-4:30pm	Bump, Set, Spike 2 5:15-6:00pm	Starter Basketball 4:30-5:15pm	60 Min Skills 4:00-5:00pm	Panthers Practice 4:30-8:00pm	
Family Open Gym 6:00-7:00pm	Starter Basketball 4:30-5:15pm	Ultimate Sports 6:00-6:45pm	Bump, Set, Spike 1 5:15-6:00pm	Panthers practice 5:00-6:00pm	Teen Open Gym 8:00-10:00pm	Teen Open Gym 4:00pm-6:00pm
	Panthers practice 5:15-6:15pm		<i>Boot Camp 6:00-7:00 pm</i>	<i>Boot Camp 6:00-7:00 pm</i>		Family Open Gym 6-7:00pm
	<i>Circuit Training 6:15-7:15pm</i>	<i>Zumba 7:00-8:00pm</i>	Adult Basketball 7:15-10:00 pm	<i>Zumba 7:00-8:00 pm</i>		
	Adult Basketball 7:15-10:00 pm	40 & Over Adult Basketball 8-10pm		Adult Volleyball 8:00-10:00 pm		

Effective March 2nd-April 26th (subject to change)