

# EAST GYM SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:00	Boot Camp		Boot Camp		Boot Camp				
6:15									
6:30									
6:45									
7:00									
7:15		Beginner Boot Camp		Beginner Boot Camp					
7:25	Boot Camp				Boot Camp	Boot Camp			
7:30									
7:45									
8:00								Pickle Ball	
8:15									
8:25									
8:30					Ab Attack				
8:45									
8:55									
9:00	Ab Attack		Cardio Deluxe						
9:15									
9:25									
9:30	Insanity	Pump & Burn		Insanity					
9:45									
9:55									
10:00			TNT			Pilxoing KO	Pickle Ball		
10:15								Turbo alt. Sat.	
10:25									
10:30					Pickle Ball				
10:45									
11:00	Y's Seniors in Motion		Y's Seniors in Motion						
11:15									
11:30									
11:45									
12:00	Pickle Ball		Pickle Ball			Wheelchair Basketball			
12:30									
1:00		Homeschool					Soft Lacrosse		
2:00		Rain/later in year							
2:45									
3:00	Sports Camp	Sports Camp	Sports Camp	Sports Camp	Sports Camp				
4:00									
4:15									
4:30									
4:45									
5:00									
5:15									
5:30	Boot Camp		Boot Camp						
5:45									
5:55									
6:00				Indoor Soccer					
6:15									
6:25									
6:30									
6:35	Zumba®	Family Open GYM	Family Open GYM	Family Open GYM	Family Open GYM				
6:45									
7:00									
7:15									
7:30									
7:45									
10:00									

