



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GYMNASIUM SCHEDULE

Through January 15, 2012

## NORTH GYM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-5:00pm Open Gym	5:00am-5:30pm Open Gym	5:00am-9:30am Open Gym	5:00am-5:30pm Open Gym	5:00am-6:00pm Open Gym		
		9:30am-10:30am Sports Conditioning			8:30am-9:30am Sports Conditioning	
		10:30am-5:00pm Open Gym			10:00am-1:00pm Sports Clinic	
5:00pm-6:00pm Cardio Blast	5:30pm-8:30pm Open Gym	5:00pm-6:00pm Cardio Blast	5:30pm-8:30pm Open Gym	6:00pm-7:00pm Sports Conditioning	1:00pm-6:00pm Open Gym	11:00am-6:00pm Open Gym
6:00pm-7:00pm Open Gym		6:00pm-7:00pm Open Gym				
7:00pm-9:00pm Basketball 16+		7:00pm-9:00pm Basketball 16+				
	8:30pm-9:00pm Open Gym		8:30pm-9:00pm Open Gym			



FOR YOUTH DEVELOPMENT  
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# GYMNASIUM SCHEDULE

November 2nd-December 31st

## SOUTH GYM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-9:00am Open Gym	5:00am-9:30am Open Gym	5:00am- 9:30am Open Gym	5:00am-9:30am Open Gym	5:00am-9:00am Open Gym		
					8:30am-9:30am Sports Conditioning	
9:00am-12:00pm Table Tennis		9:30am-10:30am Sports Conditioning		9:00am-12:00pm Table Tennis	10:00am-1:00pm Sports Clinic	
	9:30am-10:30am Kids Gym	10:30am-12:00pm Table Tennis	9:30am-10:30am Kids Gym			11:00am-2:00pm Table Tennis
12:00pm-2:30pm Open Gym	11:30am-5:30pm Open Gym	12:00pm-2:30pm Open Gym	11:30am-1:00pm Foot Volleyball	12:00pm-6:00pm Open Gym	1:00pm-6:00pm Open Gym	
			1:00pm-2:00pm Open Volleyball			2:00pm-6:00pm Open Gym
2:30pm-5:00pm Table Tennis		2:30pm-5:00pm Table Tennis	2:00pm-5:30pm Open Gym			
	<b>5:30pm-8:30pm Open Gym</b>		<b>5:30pm-8:30pm Open Gym</b>			
5:00pm-7:00pm Act Program		5:00pm-7:00pm Act Program				
6:00pm-7:00pm Open Gym		6:00pm-7:00pm Open Gym		6:00pm-7:00pm Sports Conditioning		
7:00pm-9:00pm Basketball 16+	<b>8:30pm-9:00pm Open Gym</b>	7:00pm-9:00pm Basketball 16+	<b>8:30pm-9:00pm Open Gym</b>	7:00pm-9:00pm Open Gym		