

# Basketball Gym

May 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 6:45am Circuit Training		6:00 - 6:45am Circuit Training		6:00 - 6:45am Circuit Training		
9:30 - 10:30am Circuit Training					10:15 - 11:15am Strength & Conditioning	

**Schedule Subject to Change Without Notice.**

SWEAT		RUN		PLAY	
					10:15 - 1:15pm Abiding Word Church
5:15 - 6:00pm Circuit Training (East)	5:30 - 6:15pm Boot Camp (East)				

"Most important thing is to get rid of doubt. If you got doubt in what you're doing it's not gonna work. ~ Nipsey Hussle

**GYM HOURS: Mon-Fri 5:45am—8:45pm Sat: 8:00am—4:45pm Sun: 10:00am—4:45pm**

The gym is available for open recreational use to members 15 minutes after the facility opens until 15 minutes before the facility closes, aside from the scheduled programming hours. The gym will be open only to class or program participants while they are in session unless (WEST Only) or (EAST Only) is listed, in which open gym use is available on one side of the courts during those times.