



SMALL GYMNASIUM

Room Schedule for JUNE 24 - SEPT 2, 2019

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

All Times Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
MORNING CLASSES							
H.I.I.T. 5:30am-6:30am Jana	Boot Camp 5:30am-6:30am Tim	H.I.I.T. 5:30am-6:30am Jana	Boot Camp 5:30am-6:30am Tim	H.I.I.T. 5:30am-6:30am Jana	Closed	Closed	
Open Gym 6:45am-9:30am	Circuit Training 7:30am-8:30am Vicki	Open Gym 6:45am-10:45am	Open Gym 6:45am-9am	Open Gym 6:45am-8:45am	Open Gym 6am-8am	Open Gym 6am-9:30am	
	Circuit Training 9am-10am Vicki		H.I.I.T. Express 9:30am-10am Jenny	Circuit Training 9am-10am Avivit	Boot Camp 8:15am-9:15am Bushra	Core Strength 9:45am-10:15am Victoria	
Strength Training- Barbell Pump Exp 9:45am-10:30am Diana	Boot Camp 10:15am-11:15am Riley		Total Body Conditioning 10:15am-11am Vicki	Boot Camp 10:30am-11:30am Tim	Open Gym 9:30am-10:30am	Zumba 10:30am-11:30am Yang	
Boot Camp 11am-12pm Tim	AOA - Cardio Fitness 11:30am-12:30pm Avivit	Boot Camp 11am-12pm Jamie	Line Dancing 11:15am-12:15pm Vicki	Open Gym 11:30am-12pm	Zumba Toning 10:45am-11:45am Alisha	★ Reserved for Birthday Parties 11:30am-12pm	
AFTERNOON/EVENING CLASSES							
Open Gym 12:15pm-4:30pm	Open Gym 12:45pm-5:45pm	Open Gym 12:15pm-4:30pm	Open Gym 12:30pm-5:45pm	Zumba 12pm-1pm Jessica	Open Gym 12pm-8pm	★ Reserved for Birthday Parties 12pm-1:30pm	
Reserved for ★ Preschool Camp 7/15, 1:15pm-2:45pm	Reserved for ★ Preschool Camp 7/16, 1:15pm-2:45pm	Reserved for ★ Preschool Camp 7/17, 1:15pm-2:45pm	Reserved for ★ Preschool Camp 7/18, 1:15pm-2:45pm	Open Gym 1:15pm-10pm		Reserved for ★ Parents' Night Out 7/13, 6pm-9:30pm 8/17, 6:30pm-10:30pm	Open Gym 1:45pm-6pm
Core Strength 4:45pm-5:30pm Margie	Total Body Conditioning 6pm-6:45pm Vicki	Core Strength 4:45pm-5:30pm Margie	H.I.I.T. Express 6pm-6:45pm Bushra	★ Family Fun Night: Family Bingo Night 8/16, 6pm-9:15pm	Closed	Closed	
Boot Camp 6pm-6:45pm Megan		Boot Camp 5:45pm-6:45pm Jake					Bollywood - Fitness 7:15pm-8:15pm Deepti
Zumba 7pm-8pm Liz		Zumba Toning 7pm-8pm Alisha					Open Gym 8:30pm-10pm
Badminton - Adult 8:15pm-9:30pm	Open Gym 8:15pm-10pm						
COMING SOON	MODIFIED FACILITY SCHEDULE Monday, Sept 3: Facility closed for Labor Day		NET SPORTS Badminton: see Small Gym, Large Gym, Central WA U schedules Basketball: see Small Gym, Large Gym, Central WA U schedules Pickleball: see Large Gym, Central WA U schedules Volleyball: see Large Gym, Central WA U schedules		NET SPORTS (continued) Table Tennis in Group Fitness 1 room: Monday: 3pm-5:30pm Tuesday: 8:30pm-9:30pm Wednesday: 3pm-4pm Thursday: 8:30pm-9:30pm Saturday: 12:30pm-7:30pm Sunday: 1:30pm-5:30pm		