



COAL CREEK FAMILY GYM 1 SCHEDULE

OCT 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM to 10:30AM OPEN VOLLEYBALL ALL AGES						8:00AM to 9:45AM OPEN GYM
10:30AM to 3:00PM OPEN BADMINTON ALL AGES		6:00AM to 5:15PM OPEN GYM				9:45AM to 1:30PM CLOSED FOR PROGRAMMING
				6:00AM to 6:45PM OPEN GYM		1:30PM to 3:00PM OPEN GYM
	6:00AM to 8:00PM OPEN GYM		6:00AM to 8:00PM OPEN GYM		6:00AM to 8:00PM OPEN GYM	
		5:15PM to 8:00PM CLOSED FOR PROGRAMMING				
				6:45PM to 8:00PM CLOSED FOR PROGRAMMING		

Updated 9/17/21



COAL CREEK FAMILY GYM 2 SCHEDULE

OCT 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
8:00AM to 3:00PM OPEN GYM	6:00AM to 8:30AM OPEN GYM	6:00AM to 9:15AM OPEN GYM	6:15AM to 7:00AM BOOT CAMP	6:00AM to 9:00AM OPEN GYM	6:15AM to 7:00AM BOOT CAMP	8:00AM to 10:15AM OPEN GYM	
	8:30AM to 9:15AM AOA STRENGTH		7:00AM to 8:15AM OPEN GYM		7:00AM to 9:00AM OPEN GYM		
	9:30AM to 10:30AM ZUMBA®		8:30AM to 9:15AM AOA BOLD & BALANCED		9:30AM to 10:30AM ZUMBA GOLD®		
	10:30AM to 5:15PM OPEN GYM	9:30AM to 10:30 AM ZUMBA GOLD®	9:30AM to 10:30AM ZUMBA®	9:15AM to 10:30AM ZUMBA®	9:30AM to 10:30AM ZUMBA GOLD®		
	5:30PM to 6:30PM CYCLE	11:30AM to 2:00PM GYM CLOSED FOR MEAL PACKING	10:30AM to 5:45PM OPEN GYM	11:00AM to 12:00PM CARDIO STRENGTH	10:15AM to 8:00PM OPEN GYM		10:30AM to 11:30AM ZUMBA®
	6:45PM to 7:45PM ZUMBA®	2:00PM to 6:30PM OPEN GYM	6:00PM to 7:00PM CYCLE	12:00PM to 4:45PM OPEN GYM			11:30AM to 3:00PM OPEN GYM
	6:30PM to 7:30PM ZUMBA®	7:00PM to 8:00PM OPEN GYM	5:00PM to 5:45PM AOA STRENGTH & YOGA				
			6:00PM to 7:00PM CYCLE	6:00PM to 7:00PM ZUMBA®			
			7:00PM to 8:00PM OPEN GYM	7:00PM to 8:00PM OPEN GYM			

Updated 10/1/21