



COAL CREEK FAMILY GYM 1 SCHEDULE

NOV 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 4:15PM OPEN GYM | 6:00AM to 5:15PM OPEN GYM | | 6:00AM to 6:45PM OPEN GYM | | 9:45AM to 1:30PM CLOSED FOR PROGRAMMING |
| | | | 6:00AM to 8:00PM OPEN GYM | | 6:00AM to 8:00PM OPEN GYM | 1:30PM to 3:00PM OPEN GYM |
| | 4:30PM to 8:00PM CLOSED FOR PROGRAMMING | 5:15PM to 8:00PM CLOSED FOR PROGRAMMING | | 6:45PM to 8:00PM CLOSED FOR PROGRAMMING | | |

Updated 10/19/21



COAL CREEK FAMILY GYM 2 SCHEDULE

NOV 2021

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------------------------|----------------------------------|--|---|------------------------------|---|-------------------------------|
| 8:00AM to 3:00PM OPEN GYM | 6:00AM to 8:15AM OPEN GYM | 6:00AM to 9:15AM OPEN GYM | 6:15AM to 7:00AM BOOT CAMP | 6:00AM to 9:15AM 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 | | 8:30AM to 9:15AM AOA BOLD & BALANCED | |
| | 9:30AM to 10:30AM ZUMBA® | | 9:30AM to 10:30AM ZUMBA® | | 9:30AM to 10:30AM CARDIO STRENGTH | |
| | 10:45AM to 5:15PM OPEN GYM | 10:45AM to 2:00PM GYM CLOSED FOR MEAL PACKING | 10:45AM to 4:45PM OPEN GYM | | 7:00AM to 8:00PM OPEN GYM | |
| | 5:30PM to 6:30PM CYCLE | 2:00PM to 6:30PM OPEN GYM | 5:00PM to 5:45PM AOA STRENGTH & YOGA | 10:30AM to 11:30AM ZUMBA® | | |
| | 6:45PM to 7:45PM OPEN GYM | 6:30PM to 7:30PM ZUMBA® | 6:00PM to 7:00PM CYCLE | 6:00PM to 7:00PM ZUMBA® | 11:30AM to 3:00PM OPEN GYM | |
| | | | 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 | | |
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Updated 11/1/21