



# NORTHSHORE MAIN GYM SCHEDULE

**NOVEMBER  
1-19  
2022**

| SUNDAY                    | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY                     | SATURDAY                      |
|---------------------------|---|---|---|---|----------------------------|-------------------------------|
|                           |   | 6:00AM — 9:00PM<br>OPEN GYM                                 |   | 6:00AM — 9:00PM<br>OPEN GYM                     |                            |                               |
| 8:00AM-4:50PM<br>OPEN GYM | 6:00AM-4:45PM<br>OPEN GYM                                   | 9:15AM — 10:00AM<br>ZUMBA/WEST<br>OPEN GYM/EAST             | 6:00AM — 4:45PM<br>OPEN GYM                                 | 9:15AM — 10:00AM<br>ZUMBA/WEST<br>OPEN GYM/EAST | 6:00AM -9:00PM<br>OPEN GYM | 7:00AM-10:15AM<br>OPEN GYM    |
|                           |   | 10:15AM — 4:45PM<br>OPEN GYM                                |   | 10:15AM — 3:45PM<br>OPEN GYM                    |                            | 10:30AM-12:30PM               |
|                           | 5:00PM-7:00PM<br>YOUTH SPORTS/<br>EAST<br>OPEN GYM/<br>WEST | 5:00PM-7:00PM<br>YOUTH SPORTS/<br>EAST<br>OPEN GYM/<br>WEST | 5:00PM-7:00PM<br>YOUTH SPORTS/<br>EAST<br>OPEN GYM/<br>WEST | 4:00PM-6:00PM<br>YOUTH SPORTS                   |                            | 12:30PM-1:15PM                |
|                           | 7:15PM-9:00PM<br>OPEN GYM                                   | 7:15PM-9:00PM<br>OPEN GYM                                   | 7:15PM-9:00PM<br>YOUTH SPORTS                               | 6:00PM-6:50PM<br>OPEN GYM                       |                            | 1:15PM-4:30PM<br>YOUTH SPORTS |
|                           |   |   |   | 7:00PM-8:00PM<br>YOUTH SPORTS                   |                            |                               |
|                           |   |   |   | 8:00PM-9:00PM<br>OPEN GYM                       |                            |                               |
|                           |   |   |   |   |                            |                               |



# NORTHSHORE MAIN GYM SCHEDULE

**NOVEMBER  
20-30  
2022**

| SUNDAY                                 | MONDAY                                 | TUESDAY  | WEDNESDAY                               | THURSDAY   | FRIDAY                             | SATURDAY                          |
|--|--|--|---|--|------------------------------------|-----------------------------------|
|  |  | <b>6:00AM —<br/>9:00PM<br/>OPEN GYM</b>                      |   | <b>6:00AM —<br/>9:00PM<br/>OPEN GYM</b>                      |                                    |                                   |
|  |  | <b>9:15AM —<br/>10:00AM<br/>ZUMBA/WEST<br/>OPEN GYM/EAST</b> |   | <b>9:15AM —<br/>10:00AM<br/>ZUMBA/WEST<br/>OPEN GYM/EAST</b> |                                    |                                   |
| <b>8:00AM-<br/>4:50PM<br/>OPEN GYM</b> | <b>6:00AM-<br/>8:50PM<br/>OPEN GYM</b> |  | <b>6:00AM —<br/>8:50PM<br/>OPEN GYM</b> |  | <b>6:00AM -9:00PM<br/>OPEN GYM</b> | <b>7:00AM-4:50AM<br/>OPEN GYM</b> |
|  |  | <b>10:15AM —<br/>8:50PM<br/>OPEN GYM</b>                     |   | <b>10:15AM —<br/>8:50PM<br/>OPEN GYM</b>                     |                                    |                                   |
|  |  |  |   |  |                                    |                                   |