



NORTHSHORE FAMILY GYM SCHEDULE

**MARCH
2023**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	6:00AM- 9:00AM OPEN GYM	6:00AM—6:45AM OPEN GYM	6:00AM—9:15AM OPEN GYM	6:00AM—6:45AM OPEN GYM	6:00AM—9:00AM OPEN GYM		
		7:00AM—7:45AM KARATE		7:00AM—7:45AM KARATE			
		8:00AM—8:45AM OPEN GYM		8:00AM—8:45AM OPEN GYM			
8:00AM—2:15PM OPEN GYM	9:15AM-10:00AM BODY PUMP	9:00AM—11:00AM OPEN PICKLEBALL	9:30AM— 10:15AM FUNCTIONAL FITNESS- ALL LEVELS	9:00AM—11:00AM OPEN PICKLEBALL	9:15AM— 10:00AM BODY PUMP	9:30AM-10:15AM BODY PUMP	
	10:30AM—11:15AM AOA CARDIO & STRENGTH		10:30AM—11:15AM AOA CARDIO & STRENGTH		10:15AM —12:30PM OPEN GYM **3rd Friday: 10:45AM-11:30AM Line Dancing	10:30AM-2:15PM OPEN GYM	
	2:30PM-4:30PM PICKLEBALL	11:30AM—5:45PM OPEN GYM	11:00AM—5:45PM OPEN GYM	11:30AM—12:30PM OPEN GYM	11:00AM—5:45PM OPEN GYM		12:45PM-2:45PM OPEN PICKLEBALL
				12:45PM-2:45PM OPEN PICKLEBALL			
				4:30PM-5:30PM YOUTH SPORTS			
	4:45PM-5:00PM OPEN GYM	6:00PM-7:00PM TOTAL BODY CONDITIONING	6:00PM-7:00PM BODY PUMP	6:00PM-7:00PM TOTAL BODY CONDITIONING	6:00PM-7:00PM BODY PUMP	3:00PM-8:00PM OPEN GYM*	4:45PM-5:00PM OPEN GYM
7:15PM-9:00PM OPEN GYM				7:15PM-9:00PM OPEN GYM			
		7:15PM-8:00PM ZUMBA	7:15PM-9:00PM OPEN GYM	7:15PM-8:00PM ZUMBA			
		8:15PM-9:00PM OPEN GYM		8:15PM-9:00PM OPEN GYM			