

Spring Open Gym Schedule

April – June 2017

*Open Gym times may change due to rentals. Please check with the Membership Services for times. * Additional Charge for this class*

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30 – 9:00am Open Gym	5:30 – 9:00am Open Gym	5:30 – 9:00am Open Gym	5:30 – 9:00am Open Gym	5:30 – 9:00am Open Gym	7:00 – 12:00pm Open Gym	7:00 -10:30am Open Gym
12:00 – 1:00pm Group Fitness	12:00 – 1:00pm Group Fitness	12:00 – 1:00pm Group Fitness	12:00 – 1:00pm Group Fitness	12:00 – 1:00pm Group Fitness	1:00 - 3:00pm Physical Literacy	10:30-12:00 Rental
1:00 - 3:30pm Open Gym	1:00 – 3:30pm Open Gym	1:00 – 3:30pm Open Gym	1:00 – 3:30pm Open Gym	1:00 – 3:30pm Open Gym	3:00 – 4:00pm Tumble n Cheer	12:00 – 3:00 Family Thrive Time
3:30 – 4:00pm Day care	3:30 – 4:00pm Day care	3:30 – 4:00pm Day care	3:30 – 4:00pm Day care	3:30 – 4:00pm Day care		
4:00 – 5:30pm Open Gym	4:00 – 6:30pm Open Gym	4:00 – 7:00pm Open Gym	4:00 – 6:30pm Open Gym	4:00 – 5:00pm Open Gym	4:00 – 7:00pm Open Gym	3:00 – 5:15pm Kendo
5:30 – 6:30pm Strength & Conditioning Class*	6:30 – 7:45pm Family Karate	7:00 – 9:00pm Kendo	6:30 – 7:45pm Family Karate	5:30 – 6:30pm Parent Free Zone		
7:00 – 8:30pm Radios	8:00 – 9:30pm Karate	9:00 – 10:00pm Open Gym	8:00 – 9:30pm Karate	6:30 – 10:00pm Open Gym		5:15 – 7:00pm Open Gym
8:45 – 10:00 Floor Hockey	9:30 – 10:00pm Open Gym		9:30 – 10:00pm Open Gym			