

Gym Schedule



Monday

Sculpt: 11:30 AM – 12:15 PM
Pickup Basketball: 12:15 PM – 1:45 PM
Boot Camp: 4:30 PM – 5:05 PM
Power Pump: 5:15 PM – 6:15 PM
Volleyball League: 6:30PM – 9:30PM

Tuesday

Well U : 11:30PM - 12:15pm *
WERQ: 5:15PM – 6:05PM
Soccer League: 6:30PM – 10:30PM



Wednesday

Kickboxing: 11:30 AM – 12:10 PM
Pickup Basketball: 12:15 PM – 1:45 PM
Power Pump: 5:15 PM – 6:15 PM
Volleyball: 7:00 PM – 9:00 PM
Jimringo@gmail.com

Thursday

Total Body Condition: 12:00 PM -12:45 PM
Turbo Kick: 5:15 PM - 6:15 PM
Pickup Badminton: 7:00 PM – 9:00 PM

Friday

Boot Camp: 11:30 AM – 12:15 PM
Pickup Basketball: 12:30 PM – 1:45 PM
Basketball: 6:00PM– 8:00PM
Shiva_Kothari@URMC.Rochester.edu

Saturday

*please call 275 - 1442 for reservations

Sunday

*please call 275 - 1442 for reservations

