

Gym Schedule

February

Monday

Sculpt: 11:30 AM – 12:15 PM
Pickup Basketball: 12:15 PM – 1:45 PM
Power Pump: 5:15 PM – 6:15 PM
[Volleyball League: 6:30PM – 10:30PM](#)

Tuesday

HIIT & Abs: 11:45 AM – 12:20 PM
[Well U : 12:30PM - 1:15pm *](#)
WERQ: 5:15PM – 6:05PM
[Soccer League: 6:30PM – 9:30PM](#)

Wednesday

AM Bootcamp: 6:30AM – 7:30 AM
[Children's School: 9:50AM- 11:20 AM](#)
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

HIIT: 12:15 PM -1:00 PM
Turbo Kick: 5:15 PM - 6:15 PM + Pickup Badminton: 7:00PM – 9:00PM

Friday

Boot Camp: 11:30 AM – 12:15 PM
Pickup Basketball: 12:30 PM – 1:45 PM

Saturday

[*please call 275 - 1442 for reservations](#)

Sunday

[*please call 275 - 1442 for reservations](#)

Fun Fitness
camp Feb.
19th – 23th