

# Gym Schedule



## 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