

Gym Schedule

July



First come, first serve at all other times.

Monday

Power Sculpt: 11:30AM – 12:15PM
Pickup Basketball: 12:20PM – 1:20PM
Power Sculpt: 5:15PM – 6:05PM

Tuesday

Turbo Pump: 11:30AM – 12:25PM
Boot Camp: 12:30PM - 1:15pm
WERQ: 5:15PM – 6:05PM
Volleyball: 7:00PM – 9:00PM
Jimringo@gmail.com

Wednesday

Kickboxing: 11:30AM – 12:15PM
Pickup Basketball: 12:20PM – 1:20PM
Power Sculpt: 5:15PM – 6:05PM

Thursday

Interval class: 12:15PM -1:05PM
Pickup Badminton: 7:00PM – 9:00PM
Basketball: 9:00PM – 10:30PM

Friday

Boot Camp: 11:30AM -12:15pm
Pickup Basketball: 12:20PM – 1:20PM

Saturday

Basketball: 5:00pm - 7:00pm
Staff Basketball: 7:00PM – 8:00PM

Sunday

***please call 275- 1442 for reservations**

