

Gym Schedule



Monday

Power Sculpt: 11:30 AM – 12:15 PM
Pickup Basketball: 12:15 PM – 1:45 PM
Power Pump: 5:15 PM – 6:15 PM

Tuesday

Guts & Butts: 12:00P M – 12:20 PM
Well U : 12:30PM - 1:15pm *
WERQ: 5:15PM – 6:05PM

Wednesday

Sunrise sculpt 6:30AM – 7:20 AM
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

Interval: 12:15 PM -1:00 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

Saturday

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

Sunday

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

