

# Gym Schedule



## Monday

Power Sculpt: 11:30AM – 12:15PM  
Pickup Basketball: 12:15PM – 1:45PM  
Power Sculpt: 5:15PM – 6:15PM  
**Volleyball League: 6:30PM – 9:30PM**

## Tuesday

Turbo Pump: 11:30- 12:25pm  
**Well U : 12:30PM - 1:15pm \***  
WERQ: 5:15PM – 6:15PM  
**Soccer League: 6:30PM – 10:30PM**



## Wednesday

Sunrise sculpt 6:30AM – 7:20 AM  
Kickboxing: 11:30AM – 12:15PM  
Pickup Basketball: 12:15PM – 1:45PM  
Power Sculpt: 5:15PM – 6:15PM  
Volleyball: 7:00PM – 9:00PM  
Jimringo@gmail.com

## Thursday

Interval: 12:15PM-1:15PM  
Turbo Kick: 5:15PM-6:15PM  
Pickup Badminton: 7:00PM – 9:00PM  
Basketball: 9:00pm – 10:30pm

## Friday

Boot Camp: 11:30am -12:15pm  
Pickup Basketball: 12:30PM – 1:45PM

## Saturday

Volleyball: 2:30PM – 4:30PM  
Jimringo@gmail.com  
Basketball: 5:00pm- 7:00pm  
Staff Basketball: 7:00PM – 8:00PM

## Sunday

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

