



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

