

Gym Schedule



JANUARY

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 – 9:30PM

Tuesday

WERQ: 5:15PM – 6:05PM

Wednesday

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

Total Body Condition: 12:00 PM -12:45 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

Soccer: 10:00AM-  12:00PM

Gilberto_Lopez@URMC.Rochester.edu

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

Sunday

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

