

February 2020 Gymnasium Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	TRX Bootcamp* 6:00-7:00am with Jena		Boot Camp 12:30-1:30pm Front 1/2 gym with Hillary	H.I.I.T 5:45am- 7:00am with Jena			
6:15							
6:30							
6:45							
7:00					Basketball Pickup A-Game Entire gym 7am-9am	Basketball Pickup A-Game Entire gym 7am-11am	Basketball Pickup A-Game Entire gym 7am-11am
7:15							
7:30							
8:00	TRX UAC* 8:00-9:00am Front 1/2 Gym with Ballu						
8:15							
8:30							
8:45							
9:00		TRX Muscle & Movement* 9:00am-10:00am Front 1/2 gym with Paul			Triple Kick 9:15am-10:15am Back 1/2 Gym with Kristy		
9:15							
9:30			TRX Ultimate* 9:15am- 10:10am with Amanda	TRX Shred* 9:15am-10:15am with James			
9:45							
10:00		TRX Basics* 10:15am-11:00am					
10:15	TRX Interval* 10:15-11:15am Front 1/2 gym with Sue T		TRX Interval* 10:15-11:15am Front 1/2 gym with Shelly				
10:30		Women's Pickup Basketball Back 1/2 gym 10:30-11:00am					
10:45							
11:00							
11:15						TRX Body Blast* 11:15-12:15pm Front 1/2 gym with Amanda	TRX Burn* 11:00-12:00pm with James
11:30	Basketball Pick Up A-Game Entire Gym 11:30-2:30pm		Basketball Pick Up A-Game Entire gym 11:30-2:30pm				
11:45							
12:00							
12:15							
12:30		Boot Camp 12:30-1:30pm Front 1/2 gym with James		TRX Interval* 12:30-1:30pm Front 1/2 gym with Sue T	Basketball Pickup O-Game Entire gym 11:30am-1:00pm		
12:45							
1:00							
1:30							
2:00							
2:30							
2:45							
3:00							
3:30							
4:00			Kid's Exercise Back 1/2 Gym 3:30pm- 5:30pm				
4:30							
5:00							
5:15							
5:30							
5:45							
6:00	TRX Interval* 6:00-7:00pm Front 1/2 gym with Brennan			TRX Fit* 5:30-6:30pm			Half Court Reserved Youth Practice 6pm-8pm 2/9 and 2/16
6:15							
6:30							
6:45							
7:00					Half Court Reserved Youth Practice 7pm-9pm		
7:30			Basketball Pick Up Entire Gym 7:30-9:30pm				
8:00		Volleyball Open Play Back 1/2 Gym 8pm -10pm		Volleyball Competitive Back 1/2 Gym 8pm -10pm			
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							

* Sign-ups 2 hours before Class

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