			March 2020 G	Symnasium Sc	hedule		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 6:15	TRX Bootcamp*		Boot Camp	H.L.T			
6:30	6:00-7:00am		12:30-1:30pm Front 1/2 gym	5:45am- 7:00am			
6:45	with Jena		with Hillary	with Jena			
7:00			-		Basketball		
7:15					Pickup		
7:30 8:00	TRX UAC*				A-Game		
8:15	8:00-9:00am Front 1/2 Gym				Entire gym		
8:30 8:45	with Ballu				7am-9am	Basketball	Basketball
9:00 9:15		TRX Muscle & Movement*				Pickup A-Game	Pickup
9:15		9:00am-10:00am	TRX Ultimate*	TRX Shred*	Triple Kick	Entire gym	A-Game
9:45		Front 1/2 gym with Paul	9:15am- 10:10am		9:15am-10:15am Back 1/2 Gym	7am-11am	Entire gym
10:00			with Amanda	with James	with Kristy		7am-11am
10:15		TRX Basics* 10:15am-11:00am					
10:13	TRX Interval*		TRX Interval*				
	10:15-11:15am	Women's Pickup Basketball	10:15-11:15am				
10:45	Front 1/2 gym with Sue T	Back 1/2 gym	Front 1/2 gym with Shelly				
11:00	with ode i	10:30-11:00am					
11:15						TRX Body Blast*	TRX Burn*
11:30						11:15-12:15pm	11:00-12:00pm with James
11:45					Basketball	Front 1/2 gym with Amanda	
12:00 12:15	Basketball		Basketball		Pickup O-Game	Will 7 illianda	
	Pick Up A-Game	Boot Camp	Pick Up A-Game	TRX Interval*	Entire gym		
12:45	Entire Gym	12:30-1:30pm	Entire gym 11:30-2:30pm	12:30-1:30pm	11:30am-1:00pm		
1:00	11:30-2:30pm	Front 1/2 gym with James	11.00 2.00pm	Front 1/2 gym with Sue T			
1:30							
2:00 2:30							
2:45							
3:00							
3:30			Kid's Exercise				
4:00			Back 1/2 Gym				
4:30 5:00			3:30pm- 5:30pm				
5:15			Ends 3/20				
5:30 5:45							
5:45 6:00	TRX Interval*			TRX Fit*			Half Court
6:15	6:00-7:00pm			5:30-6:30pm			Reserved
6:30	Front 1/2 gym with Brennan						Youth
6:45 7:00	with Dicillati						Practice
7:30					Half Court Reserved Youth		6pm-8pm 2/9 and 2/16
		\/-II	Basketball Pick Up		Practice		2/9 and 2/10
8:00 8:30		Volleyball Open Play	Entire Gym	Volleyball Competitive	7pm-9pm		
9:00		Back 1/2 Gym	7:30-9:30pm	Back 1/2 Gym			
9:30		8pm -10pm		8pm -10pm			
10:00 10:30							
11:00							
			* Sign-ups	s 2 hours before Cla	ss		

T	T	T	1	1	1

	1	ı	1	
		<u> </u>	<u> </u>	<u> </u>
-				
<u> </u>				
1				
	ı			
ı				
				1