March 2020 Gymnasium Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00–6:45	**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			
7:00–7:45					**Basketball Pickup A-Game** Entire gym **7am-9am**	**Basketball Pickup A-Game** Entire gym **7am-11am**	**Basketball Pickup A-Game** Entire gym **7am-11am**
8:00–8:45	**TRX UAC*** 8:00-9:00am Front 1/2 Gym with Ballu						
9:00–10:10		**TRX Muscle & Movement*** 9:00am-10:00am Front 1/2 gym with Paul	**TRX Ultimate*** 9:15am-10:10am with Amanda	**TRX Shred*** 9:15am-10:15am with James	**Triple Kick** 9:15am-10:15am Back 1/2 Gym with Kristy		
10:15–11:00	**TRX Interval*** 10:15-11:15am Front 1/2 gym with Sue T	**TRX Basics*** 10:15am-11:00am / **Women's Pickup Basketball** Back 1/2 gym 10:30-11:00am	**TRX Interval*** 10:15-11:15am Front 1/2 gym with Shelly				
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
11:30–2:30	**Basketball Pick Up A-Game** Entire Gym **11:30-2:30pm**	**Boot Camp** 12:30-1:30pm Front 1/2 gym with James	**Basketball Pick Up A-Game** Entire gym **11:30-2:30pm**	**TRX Interval*** 12:30-1:30pm Front 1/2 gym with Sue T	**Basketball Pickup O-Game** Entire gym **11:30am-1:00pm**		
3:30–5:30			**Kid's Exercise** Back 1/2 Gym **3:30pm-5:30pm** Ends 3/20				
5:30–6:45	**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
7:00–9:30		**Volleyball Open Play** Back 1/2 Gym 8pm-10pm	**Basketball Pick Up** Entire Gym **7:30-9:30pm**	**Volleyball Competitive** Back 1/2 Gym 8pm-10pm	**Half Court Reserved Youth Practice** 7pm-9pm		

Sign-ups 2 hours before Class