

Gym Schedule

Sept. 9 - Sept. 15

Gene Fullmer Recreation Center

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
Front Court	Back Court	Front Court	Back Court	Front Court	Back Court	Front Court	Back Court	Front Court	Back Court	Front Court	Back Court	Front Court	Back Court	
Pickle Ball 5:30am - 1pm	Kickboxing 5:30am-6:30am	Pickle Ball 5:30am - 1:30pm	Full Body Workout 5:30am-6:30am	Pickle Ball 5:30am - 1pm	Cadio/Str. Bootcamp 5:30am-6:30am	Pickle Ball 5:30am - 1:30pm	Lift 5:30am-6:30am	Pickle Ball 5:30am - 1pm	Sports Cycle 5:30am-6:30am	Open Gym 7am-9pm	Open Gym 7am-9pm	OPEN GYM 10:30am - 2:30pm		
	Upbeat Barre 6:30am-7:30am		Open Gym 6:30am-8am		Open Gym 6:30am-8am		Open Gym 6:30am-8am		Open Gym 6:30am-9am					High Fitness 7am-8am
	Open Gym 7:30am-9am		Cycle 30 8:15-8-45		Open Gym 6:30am - 10am		TRX30 8:15-8-45		Open Gym 6:30am-9am					Open Gym 8am-9am
	Kickboxing 9am-10am		Total Body Strength 9am-10am		Funct Yoga 10am - 11am		Cycle Sculpt 9am-10am		Upbeat Barre 9am-10am					Zumba 9am-10am
	Funct Yoga 10am - 11am		Senior Pickleball 1:30pm-3pm				Open Gym 10am-6pm		Open Gym 10am-9pm					Open Gym 10am-9pm
Open Gym 1pm-9pm	Open Gym 11am-8pm	Senior Pickleball 1:30pm-3pm		Open Gym 1pm-9pm	Open Gym 11am-9pm	Open Gym 3pm-9pm		Open Gym 3pm-9pm		Open Gym 10am-9pm	Open Gym 10am-9pm	Open Gym 10am-9am		
			Open Gym 3pm-9pm				Total Body Strength 6pm-7pm		Yoga 7pm-8pm					
			Strength Conditioning 8pm - 9pm				Highlow 7pm-8pm		High Fitness 8:15pm-9pm					

All Yellow Spaces above are Open Gym Times. Schedule is Subject to Change