

## Winter 2020 Schauer Gym Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5 AM		Power Plus 5:30-6:20	Strength & Core 5:15-5:45	Power Plus 5:30-6:20	Strength & Core 5:15-5:45	Power Plus 5:30-6:20		
6 AM		Open Gym 6:30 - 9	Open Gym 6:10-8:20	Open Gym 6:30 - 9	Open Gym 6:10-8:20	Open Gym 6:30 - 8:20		
7 AM								
8 AM			Boot Camp 8:30-9:20		Boot Camp 8:30-9:20		Dance Blast 8:30-9:20	
9 AM		Power Flow 8:45-9:35	Revive Fitness 9:30 - 10:20	Power Flow 8:45-9:35	Revive Fitness 9:30 - 10:20	Boot Camp 8:30-9:20		
10 AM		Dance Blast 9:45-10:15	Pickleball 10:30-12:30	Dance Blast 9:45-10:15	Pickleball 10:30-12:30	Open Gym 9:30-5:45	Basketball League 9:30-1:00	
11 AM		Pickleball 10:30-12:30	Delay the Disease 1-2 pm	Advanced Pickleball 10:30-12:30	Open Gym 1:00-1:30 pm			
12 PM		Open Gym 1-4	Open Gym 3:15-5:20 pm	Open Gym 1-4:00	Delay the Disease 1-2 pm			Open Gym 1:30-5:00
1 PM		S.E.T 4:30pm - 5:15	Power Plus 5:30-6:20	S.E.T 4:30- 5:15	Open Gym 3:15-5:20			
2 PM	Open Gym 2:00-9:00	Cardio Drumming 5:30 - 6:20		Cardio Drumming 5:30-6:20	Power Plus			
3 PM								
4 PM		Basic Step & Strength 6:30-7:20	Dance blast 6:30-7:20	Basic Step & Strength 6:30-7:20	5:30 - 6:20	Zumba Step 6-6:50		
5 PM		U F C 7:30-8:20		U F C 7:30-8:20	Dance Blast 6:30-7:20			
6 PM		Open Gym 8:30-10:00	Pickleball 7:30-10			Pickleball 7:30-10		
7 PM								
8 PM				Open Gym 8:30 - 10				
9 PM					Open Gym 7:30-10			
10 PM								

## Winter 2020 West Gym Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 AM							
7 AM							
8 AM			Open Gym 5-11:45				
9 AM							Basketball League 8:30-1
10 AM							
11 AM			Adult Open 11:45 - 1:30				
12 PM		Open Gym 5-10		Open Gym 5-10	Open Gym 5-10	Open Gym 5-10	Open Gym 1:30-5:00
1 PM			Open Gym 1:30-4				
2 PM	Open Gym 2:00-9:00						
3 PM			Basketball Class 4-5:30				
4 PM							
5 PM							
6 PM							
7 PM							
8 PM							
9 PM			Open Gym 5:45-10				
10 PM							

Please check for other updates at the Welcome Center.

Revised 12/23/19

