September 2018 Gymnasium Schedule										
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
6:00			TRX Bootcamp*							
6:15			6:00-7:00am							
6:30 6:45			with Jena							
7:00					5 1 4 11					
7:15					Basketball Pickup					
7:30 8:00					A-Game					
8:15					Entire gym					
8:30 8:45					7am-9am	Basketball				
9:00						Pickup	Basketball Pickup			
9:15		TDV Marrata 0		TRX Shred*	Triple Kick 9:15am-10:15am	A-Game Entire gym	A-Game			
9:30 9:45		TRX Muscle & Movement*		9:15am-10:15am	Back 1/2 Gym	7am-11am	Entire gym			
10:00		9:30am-10:30am		with James	with Kristy		7am-11am			
10:15		Front 1/2 gym			resumes 8/17					
10:15	TRX Interval*	with Paul	TRX Interval*							
	10:15-11:15am	Women's Pickup Basketball Back	10:15-11:15am							
10:45	Front 1/2 gym with Sue T	1/2 gym <b>10:30-</b>	Front 1/2 gym with Shelly	TRX Basics* 10:35am-11:20am						
11:00	with ode 1	11:00am	,	Front 1/2 gym						
11:15				with Destiny		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 Wil				
12:00 12:15	Basketball		Basketball		Pickup O-Game					
	Pick Up A-Game	TRX Boot Camp*	Pick Up A-Game	TRX Interval*	Entire gym					
12:45	Entire Gym	<b>12:30-1:30pm</b> Front 1/2 gym	Entire gym 11:30-2:30pm	12:30-1:30pm	11:30am-1:00pm					
1:00	11:30-2:30pm	with Charles		Front 1/2 gym with Sue T						
1:30										
2:00 2:30										
2:45										
3:00										
3:30	Kid's Exercise	Kid's Exercise	Kid's Exercise							
4:00	Back half of Gym <b>3:30-5:00</b>	Back half of Gym 3:30-5:00	Back half of Gym <b>3:30-5:00</b>							
4:30 5:00	0.00		0.00							
5:15					Girls					
5:30 5:45					3 vs 3 league					
6:00	TRX Interval*				Entire Gym					
6:15 6:30	<b>6:00-7:00pm</b> Front 1/2 gym				5pm-7pm 8/24 - 9/28					
6:45	with Marie				-					
7:00										
7:30			Basketball							
8:00		Volleyball Open	Pick Up	Volleyball						
8:30		Play	Entire Gym <b>7:30-9:30pm</b>	Competitive						
9:00		Back 1/2 Gym 8pm -10pm	7.03 0.000	Back 1/2 Gym 8pm -10pm						
9:30 10:00					-					
10:30										
11:00			* 0:	2 hours hofers Ol-						
			" Sign-ups	2 hours before Clas	58					

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