July 2019 Gymnasium Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00			**TRX Bootcamp*** **6:00-7:00am** with Jena	**H.I.I.T** **5:45am- 7:00am** with Jena			
6:15							
6:30							
6:45							
7:00					**Basketball Pickup A-Game** Entire gym **7am-9am**	**Basketball Pickup A-Game** Entire gym **7am-11am**	**Basketball Pickup A-Game** Entire gym **7am-11am**
7:15							
7:30							
8:00							
8:15							
8:30							
8:45							
9:00		**TRX Muscle & Movement*** **9:00am-10:00am** Front 1/2 gym with Paul					
9:15				**TRX Shred*** **9:15am-10:15am** with James			
9:30							
9:45							
10:00		**TRX Basics*** **10:15am-11:00am**					
10:15	**TRX Interval*** **10:15-11:15am** Front 1/2 gym with Sue T		**TRX Interval*** **10:15-11:15am** Front 1/2 gym with Shelly				
10:30		**Women's Pickup Basketball** Back 1/2 gym **10:30-11:00am**					
10:45							
11:00							**TRX Burn*** **11:00-12:00pm** with James
11:15						**TRX Body Blast*** **11:15-12:15pm** Front 1/2 gym with Amanda	
11:30	**Basketball Pick Up A-Game** Entire Gym **11:30-2:30pm**		**Basketball Pick Up A-Game** Entire gym **11:30-2:30pm**		**Basketball Pickup O-Game** Entire gym **11:30am-1:00pm**		
11:45							
12:00							
12:15							
12:30		**Boot Camp** **12:30-1:30pm** Front 1/2 gym with Charles		**TRX Interval*** **12:30-1:30pm** Front 1/2 gym with Sue T		**TRX Ultimate*** **12:30- 1:30** with Amanda	
12:45							
1:00							
1:30							
2:00							
2:30							
2:45							
3:00							
3:30	**Kid's Exercise** Back half of Gym **2:00-4:00** **7/15-7/18**	**Kid's Exercise** Back half of Gym **2:00-4:00** **7/15-7/18**	**Kid's Exercise** Back half of Gym **2:00-4:00** **7/15-7/18**	**Kid's Exercise** Back half of Gym **2:00-4:00** **7/15-7/18**			
4:00							
4:30					**3v3 Girls League** **4:00pm- 7:00pm** Full Court		
5:00							
5:15							
5:30				**TRX Fit*** **5:30-6:30pm** Front 1/2 gym with Celine			
5:45							
6:00	**TRX Interval*** **6:00-7:00pm** Front 1/2 gym with Brennan						
6:15							
6:30							
6:45							
7:00							
7:30			**Basketball Pick Up** Entire Gym **7:30-9:30pm**				
8:00		Volleyball Open Play Back 1/2 Gym 8pm -10pm		Volleyball Competitive Back 1/2 Gym 8pm -10pm			
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							

** Sign-ups 2 hours before Class*