

August 2019 Gymnasium Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00							
6:15			TRX Bootcamp* 6:00-7:00am with Jena	H.I.I.T 5:45am- 7:00am with Jena			
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		TRX Shred* 9:15am-10:15am with James			
9:15							
9:30							
9:45							
10:00		TRX Basics* 10:15am-11:00am					
10:15							
10:30	TRX Interval* 10:15-11:15am Front 1/2 gym with Sue T	Women's Pickup Basketball Back 1/2 gym 10:30-11:00am	TRX Interval* 10:15-11:15am Front 1/2 gym with Shelly				
10:45							
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	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	Basketball Pick Up A-Game Entire gym 11:30-2:30pm	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							
4:00							
4:30							
5:00							
5:15							
5:30							
5:45							
6:00	TRX Interval* 6:00-7:00pm Front 1/2 gym with Brennan			TRX Fit* 5:30-6:30pm Will resume in September			
6:15							
6:30							
6:45							
7:00							
7:30							
8:00		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			
8:30							
9:00							
9:30							
10:00	*Racquetball Courts Closed Friday, August 23rd- Saturday, August 31st						
10:30	Gymnasium Closed (Including Squash Courts) Saturday, August 24th- Saturday, August 31st*						
11:00	Gymnasium Closed (Including Squash Courts) Saturday, August 24th- Saturday, August 31st*						

* Sign-ups 2 hours before Class

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