



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## BIG GYM SCHEDULE

AUG 6 - AUG 12, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 am – 6:00 am Boot Camp	5:30 am – 7:00 am Open Gym B-ball	5:15 am- 6:00 am Boot Camp	5:00 am – 8:15 am Open Gym B-ball	5:15 am – 6:00 am Boot Camp	6:00 am – 4:00 pm Open Gym	1:00 pm – 5:00 pm Open Gym
9:00 am-9:55 am C/S Circuit (Side B)	8:15 am-9:15 am Blast (Side B)		8:15 am-9:15 am Body Shred (Side B)	8:15 am – 9:20 am Blast (Side B)		
9:00 am – 12:00 pm Child Care (Side A)	9:00 am – 12:00 pm Child Care (Side A)	9:00 am – 12:00 pm Child Care (Side A)	9:00 am – 12:00 pm Child Care (Side A)	9:00 am – 12:00 pm Child Care (Side A)		
			4:00 pm – 8:00 p.m. Gymnastics Camps			

Open Gym will be designated throughout the day where there is not a current program taking place.

If you have any questions, comments, or requests, please contact Lucas Hughes at 641 792 4006.

## SMALL GYM SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 am- 6:00 am Boot Camp	8:00 a.m. - 10:30 a.m. Pickle Ball	5:15 am- 6:00 am Boot Camp	8:00 a.m.- 10:30 a.m. Pickle ball	5:15 am- 6:00 am Boot Camp	6:00 am – 4:00 pm Open Gym	1:00 pm – 5:00 pm Open Gym
2:30 p.m. – 5:00 p.m. Child Care	2:15 p.m. – 5:00 p.m. Child Care	2:15 p.m. – 5:00 p.m. Child Care	2:30 pm-5:00 pm Child Care	2:30 pm – 5:00 pm Child Care		
6:00 pm- 6:50 pm TRX		6:00 pm- 6:50 pm TRX				

### SCHEDULED CLOSURES

### FACILITY HOURS

Mon–Fri 5:00 am – 9:00 am

Saturday 6:00 am – 4:00 pm

Sunday 1:00 pm – 5:00 pm