



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BIG GYM SCHEDULE

JULY 9 - JULY 15, 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 – 6:00 pm Open Gym	1:00 pm – 5:00 pm Open Gym
9:00 am-9:55am C/S Circuit	8:15am-9:15am Blast	9:00 A.M. – 9:45 A.M. Strength Circuit	8:15am-9:15am Body Shred	8:15 am – 9:20 am Blast (Side B)		
9:30 am – 11:15 am Child Care (Side B)	9:30 am – 11:15 am Child Care (Side B)	2:30 p.m. – 5:00 p.m. Child Care (Side B)	9:30 am – 11:15 am Child Care (Side B)	1:00 pm – 4:00 pm Child Care (Side B)		
		5:30 pm – 7:00 p.m. Youth Basketball	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
5:15am- 6:00 am Boot Camp	8:00am-11:00am Pickle Ball	5:15am- 6:00 am Boot Camp	8:00am-11:00am Pickleball	9:00am – 11:30 am Child Care	6:00 am – 6:00 pm Open Gym	1:00 pm – 5:00 pm Open Gym
2:30 p.m. – 5:00 p.m. Child Care (Either Side)	2:15 p.m. – 5:00 p.m. Child Care (Either Side)	9:30 am – 11:15 am Child Care (Side B)	2:30 pm-5:00 pm Child Care (Side B)			
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