



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BIG GYM SCHEDULE

MAR. 12 – 19, 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 – 8:30 am Open Gym B-ball	9:00 am – 10:00 am Blast (Side A)	8:00 am – 6:00 pm Open Gym	1:00 am – 5:00 pm Open Gym
9:30 am – 11:15 am Child Care (Side B)	9:30 am – 11:15 am Child Care (Side B)	9:30 am – 11:15 pm Child Care	9:00 am – 9:00 pm Gymnastics (Side B)	9:30 am – 11:15 am Child Care (Studio B)	2:30 pm – 4:30 pm Child Care (Side B)	
		2:30 p.m. – 5:00 p.m. Child Care (Side B)		4:30 pm – 6:30 pm Ninja Warrior (Side B)		
	6:00 p.m. – 9:00 p.m. Adult Basketball League (Full Gym)		<i>*Gymnastics equipment will be set up on (Side B) all Thursday and Friday.*</i>	<i>*Gymnastics equipment will be set up on (Side B) all Thursday and Friday.*</i>		

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 am – 10:00 am Pickle Ball	5:15 am – 6:00 am Boot Camp	8:30 am – 9:15 am Body Shred	1:00 pm – 3:00 pm Pickle Ball	5:00 am – 9:00 pm Open Gym	5:00 am – 9:00 pm Open Gym
9:00 am – 9:45 am Cardio Circuit	2:30 p.m. – 5:00 p.m. Child Care (Either Side)	9:00 am – 10:00 am Strength Circuit	9:30 am – 11:15 am Child Care (Either Side)	5:00 pm – 6:15 pm Swim Team Workout		
2:15 pm – 5:00 pm Child Care (Either Side)	7:00 pm – 9:00 pm Drop-in Volleyball (Full Gym)	6:00 pm – 6:50 pm TRX	2:30 pm – 5:00 pm Child Care (Either Side)	6:30 pm – 8:30 pm Pickle Ball Social		
6:00 pm – 6:50 pm TRX						

SCHEDULED CLOSURES

March 12th will be a 1.5-hour early dismissal

Last Edited on 3/6/2018

FACILITY HOURS

Mon–Thu 5:00 am – 12:00 am Saturday 6:00 am – 6:00 pm
Friday 5:00 am – 8:00 pm Sunday 1:00 pm – 5:00 pm