



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BIG GYM SCHEDULE

MAY 14- MAY 20, 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	9:00 am – 10:00 am Blast (Side B)	6:00 am – 6:00 pm Open Gym	1:00 pm – 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	8:15 am-9:15 am Body Shred			
		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)		
			2:30 pm-5:00 pm Child Care (Side B)			

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-11:00 am Pickle Ball	5:15 am- 6:00 am Boot Camp	8:00 am-11:00 am Pickleball	9:00 am – 11:30 am Child Care	6:00 am – 6:00 pm Open Gym	1:00 pm – 5:00 pm Open Gym
9:00 am – 9:45 am Cardio Circuit	2:15 p.m. – 5:00 p.m. Child Care (Either Side)	9:00 am-9:45 am Strength Circuit				
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				
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SCHEDULED CLOSURES

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