



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BIG GYM SCHEDULE

SEPT 10 – SEPT 16, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30 am – 7:00 am Open Gym B-ball		5:00 am – 8:15 am Open Gym B-ball		6:00 am – 6:00 pm Open Gym	1:00 pm – 5:00 pm Open Gym
	8:15 am – 9:15 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 – 10:00 pm Strength Circuit (Side B)	9:00 am – 12:00 pm Child Care (Side A)			
		4:00 pm – 7:00 pm Lil Pro Gymnastics and Open Tumbling (Side B)	1:00 pm – 7:00 pm Gymnastics Set up and programs (Side B)	4:00 p.m. – 8:00 p.m. Gymnastics Set up and programs (Side B)		
		No Open Gym (Side B) From 4p.m.–7p.m.	*No Open Gym* (Side B) From 1p.m.–7p.m.	*No Open Gym* (Side B) From 4p.m.–8p.m.		

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		5:15 am – 6:00 am Boot Camp		5:15 am – 6:00 am Boot Camp		
9:00 am – 10:00 am C/S Circuit	8:00 a.m. – 10:30 a.m. Pickle Ball		8:00 a.m. – 10:30 a.m. Pickle ball	9:00 am – 10:00 am Blast	6:00 am – 6:00 pm Open Gym	1:00 pm – 5:00 pm Open Gym
1:00 p.m. – 5:00 p.m. Child Care	1:00 p.m. – 5:00 p.m. Child Care	9:00 a.m. – 5:00 p.m. Child Care	1:00 pm – 5:00 pm Child Care	9:30 am – 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 – 10:00 am
Saturday 6:00 am – 6:00 pm
Sunday 1:00 pm – 5:00 pm