

# Adult Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-7:00 AM	Adult Class	Adult Class	Adult Class	Adult Class	Adult Class	
7:00-9:00 AM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	Adult Class (8-9 AM)
9:00-10:00 AM	Adult Class	Adult Class	Adult Class	Adult Class	Adult Class	
10:00-12:00 AM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	
12:00-1:00 PM	Adult Class	Adult Class	Adult Class	Adult Class	Adult Class	
1:00-3:00 PM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	
8:00-9:00 PM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		

# Winter Term High School/ Middle School Schedule (Jan. 2-Mar. 11)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-10:30 AM						High School Group
3:30-4:45 PM		Athlete Intake		Athlete Intake	Athlete Intake	
4:00-5:00 PM	Middle School Group	Middle School Group	Middle School Group	Middle School Group	Middle School Group	
5:00-6:00 PM	Middle School Group	Middle School Group	Middle School Group	Middle School Group	Middle School Group	

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00-6:30 PM	High School Group	High School Group	High School Group	High School Group	High School Group	
6:30-8:00 PM	High School Group	High School Group	High School Group	High School Group	High School Group	
8:00-9:00 PM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		