

WINTER/SPRING 2019 Schauer Gym Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5 AM		Power Plus 5:30-6:20	Cardio & Core 5:30-6:20	Power Plus 5:30-6:20	Cardio & Core 5:30-6:20	Power Plus 5:30-6:20		
6 AM		Open Gym 6:30 - 8:30		Open Gym 6:30-8:20		Open Gym 6:30 - 8:30		Open Gym 6:30-8:20
7 AM								
8 AM			Boot Camp 8:30-9:20		Boot Camp 8:30-9:20			
9 AM		Power Flow 8:45-9:35	Revive Fitness 9:30-10:20	Power Flow 8:45-9:35	Revive Fitness 9:30-10:20	Boot Camp 8:30-9:20		Soccer League 9:30-12:00
10 AM		Dance Blast 9:45-10:15	Open Gym 10:30-1:45	Dance Blast 9:45-10:15	Pickleball 10:30-12:30	Open Gym 9:30-5:45		Open Gym 12:15-2:15
11 AM		Pickleball 10:30-12:30	Delay the Disease 1-2 pm	Advanced Pickleball 10:30-12:30	Open Gym 12:45-1:30 pm			
12 PM								
1 PM		Open Gym 2-3:45	Open Gym 12:45-3:45	Open Gym 3:15-5:20 pm	Open Gym 12:45-3:45			Delay the Disease 1-2 pm
2 PM								
3 PM	S.E.T 4:00pm - 5:15					Power Plus 5:30-6:20	S.E.T 4:00pm - 5:15	
4 PM								
5 PM	Soccer Rental 4:00-7:30	Cardio Drumming 5:30 - 6:20	Dance Blast 6:30-7:20	Cardio Drumming 5:30 - 6:20	Power Plus 5:30-6:20	Basic Step & Strength 6-6:50		
6 PM		Basic Step & Strength 6:30-7:20		Basic Step & Strength 6:30-7:20				
7 PM	Open Gym 7:45-9:00	U F C 7:30-8:20	Pickleball 7:30-10	U F C 7:30-8:20	Dance Blast 6:30-7:20	Basic Step & Strength 6-6:50		
8 PM		Open Gym 8:30-10		Open Gym 8:30-10			Open Gym 7:30-10	
9 PM			Pickleball 7-10					
10 PM								

WINTER/SPRING 2019 West Gym Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY							
5 AM														
7 AM														
8 AM								Open Gym 5-11:30	Adult Open 11:45 - 1:30	Open Gym 5-10	Open Gym 5-3:30	Open Gym 5-10	Open Gym 8:00-12:30	
9 AM														
10 AM														
11 AM								Open Gym 5-10	Open Gym 1:45-3:45	Open Gym 5-10	Volleyball Classes 3:45-5:45	Open Gym 5-10	Volleyball League 12:45-3:30	
12 PM														
1 PM								Open Gym 2-4:45	Open Gym 5-10	Open Gym 1:45-3:45	Open Gym 5-10	Volleyball Classes 3:45-5:45	Open Gym 5-10	Open Gym 3:45-5
2 PM														
3 PM														
4 PM	Corporate Basketball 5-9	Open Gym 5-10	Basketball Class 4-5:30	Open Gym 5-10	Open Gym 6-8:15	Open Gym 5-10								
5 PM														
6 PM														
7 PM														
8 PM	Open Gym 5-10	Open Gym 5:45-10	Open Gym 5-10	Co-Ed Volleyball 8:30-10	Open Gym 5-10									
9 PM														
10 PM														

Please check for other updates at the Welcome Center.

Revised 3/8/19