

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 - 9	Open Gym 6:30-8:20	Open Gym 6:30 - 9	Open Gym 6:30-8:20	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	Basketball League 9:30-11:30	
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 11:30-5	
11 AM		Pickleball 10:30-12:30	Delay the Disease 2-3 pm	Advanced Pickleball 10:30-12:30	Open Gym 1:00-1:30 pm			
12 PM		Open Gym 1-4	Open Gym 3:15-5:20 pm	Open Gym 1-4:00	Delay the Disease 2-3 pm			
1 PM		S.E.T 4:00pm - 5:15	Power Plus 5:30-6:20	S.E.T 4:00- 5:15	Open Gym 3:15-5:20			
2 PM	Open Gym 2-4:30	Cardio Drumming 5:30 - 6:20		Cardio Drumming 5:30 - 6:20	Power Plus			
3 PM		Basic Step & Strength 6:30-7:20	Dance blast 6:30-7:20	Basic Step & Strength 6:30-7:20	5:30 - 6:20			
4 PM		U F C 7:30-8:20	Pickle Ball 7:30-10	U F C 7:30-8:20	Dance Blast 6:30-7:20			Zumba Step 6-6:50
5 PM		Open Gym 8:30-10	Open Gym 9-10	Open Gym 8:30-10	Open Gym 7:30-10			Open Gym 7-10
6 PM	Corporate Soccer Leage 5:00-9:00							
7 PM								
8 PM								
9 PM								
10 PM								

WINTER/SPRING 2019 West Gym Schedule

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

Please check for other updates at the Welcome Center.

Revised 12/17/18

