

# GYM SCHEDULE: SEPTEMBER 7 - SEPTEMBER 13

| Monday 7                                                                           | Tuesday 8                         | Wednesday 9                          | Thursday 10                       | Friday 11                            | Saturday 12                                                                           |
|------------------------------------------------------------------------------------|-----------------------------------|--------------------------------------|-----------------------------------|--------------------------------------|---------------------------------------------------------------------------------------|
|   | Open Gym<br>5:30 AM - 10 AM       | <b>Bootcamp</b><br>5:45 AM - 6:30 AM | Open Gym<br>5:30 AM - 10 AM       | <b>Bootcamp</b><br>5:45 AM - 6:30 AM | Open Gym<br>7 AM - 4 PM                                                               |
|                                                                                    |                                   | Open Gym<br>6:30 AM - 10 AM          |                                   | Open Gym<br>6:30 AM - 8 AM           | <b>Sunday 13</b><br><br>Open Gym<br>10 AM - 2 PM                                      |
|                                                                                    | Silver Sneakers<br>10 AM - 11 AM  | Silver Sneakers<br>10 AM - 11 AM     | Silver Sneakers<br>10 AM - 11 AM  |                                      |                                                                                       |
|                                                                                    | Open Gym<br>11 AM - 6 PM          | Open Gym<br>11 AM - 8 PM             | Open Gym<br>11 AM - 6 PM          |                                      |                                                                                       |
|  | Pick-Up Basketball<br>6 PM - 8 PM |                                      | Pick-Up Basketball<br>6 PM - 8 PM |                                      |  |