

# GYMNASIUM SCHEDULE



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Platinum Access 6am - 4pm	Platinum Access 6am - 4:30pm	Platinum Access 6am - 4pm	Platinum Access 6am - 11:30am	Platinum Access 6am - 4pm		
6:30 AM							
7:00 AM							
7:30 AM						Platinum Access 8am - 9am	
8:00 AM							
8:30 AM						Platinum Access 8am - 10am	
9:00 AM							
9:30 AM						Cardio Bootcamp 9am - 10am Debbi	
10:00 AM						Family Gym 10-12pm	
10:30 AM						Family Gym 10-12pm	
11:00 AM							
11:30 AM	Toddler Gym 11:30am - 12pm						
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM	LEAF		LEAF		LEAF		
4:30 PM	After School Program	Youth Basketball 10-16 years old	After School Program	Youth Basketball 10-16 years old	After School Program		
5:00 PM	Platinum Access 5pm - 6pm	4:30pm - 6:30pm	Platinum Access 5pm - 6pm	4:30pm - 6:30pm	Youth Soccer 10-16 years old	Badminton 16+ Years old	Basketball 16+ Years old
5:30 PM	Skip Circuit - 45 min 6pm - 6:45pm Debbi		CrossFIT - 45 min 6pm - 6:45pm Debbi		5pm - 7pm	Open to all residents 5pm - 7pm	Open to all residents 5pm - 7pm
6:00 PM							
6:30 PM							
7:00 PM	Volleyball Platinum Access Only	Badminton Platinum Access Only	Basketball Platinum Access Only	Badminton Platinum Access Only	Basketball Platinum Access Only	Platinum Access 7pm - 8:30pm	Platinum Access 7pm - 8:30pm
7:30 PM	7pm - 9:30pm	7pm - 9:30pm	7pm - 9:30pm	7pm - 9:30pm	7pm - 9:30pm		
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM							

- \*\*Platinum Access Members must scan fob to verify access
- \*\*Platinum Access Members have access to all sports programs
- \*\*Gym Rental - Can be rented for any day/times with enough notice.
- \*\*Gym Rental - Non-Scheduled rental times will become platinum access only
- \*\*Family Gym - Parent must accompany child. Age restriction is 9 years and under.

**January 22nd -  
February 28th**