



## 2012 February Gymnasium Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:30am	<b>Boot Camp</b> 5:30-6:30		<b>Boot Camp</b> 5:30-6:30	<b>Open Gym</b> 5:30-9:00	<b>Boot Camp</b> 5:30-6:30	<b>Closed</b>	<b>Closed</b>		
6:00am									
7:00am	<b>Open Gym</b> 6:30-3:00				<b>Open Gym</b> 6:30-3:00			<b>Boot Camp</b> 9:00-10:00	<b>Open Gym</b> 6:30-3:00
8:00am									
9:00am				<b>Youth Floor Hockey/ Soccer</b> 8:00 -12:00					
10:00am			<b>Open Gym</b> 10:00-3:00						
11:00am		<b>Afterschool Program</b> 3:00-6:00	<b>Afterschool Program</b> 3:00-6:00	<b>Afterschool Program</b> 3:00-6:00	<b>Afterschool Program</b> 3:00-6:00	<b>Afterschool Program</b> 3:00-6:00	<b>Open Gym</b> 12:00-6:45	<b>Open Gym</b> 1:00-6:00	
12:00pm									
1:00pm									
2:00pm	<b>Open Gym</b> 6:00- 8:45	<b>Youth Floor Hockey/ Soccer</b> 6:00 -7:30	<b>Open Gym</b> 7:00-8:45	<b>Youth Floor Hockey/ Soccer</b> 6:00 -6:30	<b>Open Gym</b> 6:00-8:45	<b>Closed</b>	<b>Closed</b>		
3:00pm									
4:00pm	<b>Open Gym</b> 6:00- 8:45	<b>Open Gym</b> 7:00-8:45	<b>Open Gym</b> 6:00-8:45	<b>Open Gym</b> 6:00-8:45	<b>Open Gym</b> 6:00-8:45	<b>Closed</b>	<b>Closed</b>		
5:00pm									
6:00pm	<b>Open Gym</b> 6:00- 8:45	<b>Youth Floor Hockey/ Soccer</b> 6:00 -7:30	<b>Open Gym</b> 7:00-8:45	<b>Youth Floor Hockey/ Soccer</b> 6:00 -6:30	<b>Open Gym</b> 6:00-8:45	<b>Closed</b>	<b>Closed</b>		
7:00pm									
8:00pm									
9:00 pm	<b>Open Gym</b> 6:00- 8:45	<b>Open Gym</b> 7:00-8:45	<b>Open Gym</b> 6:00-8:45	<b>Open Gym</b> 6:00-8:45	<b>Open Gym</b> 6:00-8:45	<b>Closed</b>	<b>Closed</b>		



\*This schedule is subject to change. Boot camp: Challenges the body with variety of cardio and strength training. Youth Floor Hockey/Soccer: Ages 3-12 years have practice and games. Afterschool Program: Afterschool enrichment club for school-age. Open Gym: The gym is open to members only.