

# DOWNTOWN GYM SCHEDULE

Last updated: 1/9/19

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:00 AM									
6:30 AM									
7:00 AM									
7:30 AM									
8:00 AM									
8:30 AM									
9:00 AM	ECE Gym Time 9:00am-11:00	ECE Gym Time 9:00am-11:00	ECE Gym Time 9:00am-11:00	ECE Gym Time 9:00am-11:00	ECE Gym Time 9:00am-11:00				
9:30 AM									
10:00 AM									
10:30 AM									
11:00 AM							Soccer Rental 10am-11:30am		
11:30 AM									
12:00 PM	Boot Camp 12:15pm-1:10				Boot Camp 12:15pm-1:10				
12:30 PM									
1:00 PM									
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM									
3:30 PM									
4:00 PM									
4:30 PM									
5:00 PM									
5:30 PM		HIIT 5:30pm-5:55	Gladiator 5:00pm-6:25	Pumped 5:30pm-6:25pm					
6:00 PM		Chisel 6pm-6:25							
6:30 PM	Soccer Rental 6:30pm-8:30	Soccer Rental 6:30pm-8:30		Soccer Rental 6:30pm-8:30	Soccer Rental 7:00pm-8:30				
7:00 PM									
7:30 PM									
8:00 PM									
8:30 PM									
9:00 PM									

	Group Fitness class
	Small Group Training class
	Team Training class
	Programmed gym time
	Open gym time

The gym schedule is subject to change based on gym rentals and special events. See the back side of the gym schedule for specific gym policies.

