

# DOWNTOWN GYM SCHEDULE

Last updated: 10/8/18

|          | 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<br>9:00am-11:00 | ECE Gym Time<br>9:00am-11:00 | ECE Gym Time<br>9:00am-11:00 | ECE Gym Time<br>9:00am-11:00 | ECE Gym Time<br>9:00am-11:00 |          |                               |  |
| 9:30 AM  |                              |                              |                              |                              |                              |          |                               |  |
| 10:00 AM |                              |                              |                              |                              |                              |          |                               |  |
| 10:30 AM |                              |                              |                              |                              |                              |          | Soccer Rental<br>10am-11:30am |  |
| 11:00 AM |                              |                              |                              |                              |                              |          |                               |  |
| 11:30 AM |                              |                              |                              |                              |                              |          |                               |  |
| 12:00 PM | Boot Camp<br>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  | CoreFit 5pm-5:25             |                              |                              |                              |                              |          |                               |  |
| 5:30 PM  | HIIT 5:30pm-6pm              | HIIT 5:30pm-5:55             | Gladiator<br>5:30pm-6:25     |                              |                              |          |                               |  |
| 6:00 PM  |                              | Chisel 6pm-6:25              |                              |                              |                              |          |                               |  |
| 6:30 PM  | Soccer Rental<br>6:30pm-8:30 | Soccer Rental<br>6:30pm-8:30 | Pumped!<br>5:30pm-6:30       | Soccer Rental<br>6:30pm-8:30 | Soccer Rental<br>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.

