

UPTOWN GYM SCHEDULE

***Gym is closed 15 minutes prior to class starting**

June 4-17, 2018

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|---|--|---|---|---|-------------------------------|---|
| 6:00 AM | | | | | | | |
| 6:30 AM | | Pumped! 6:15-7:10 am | | Pumped! 6:15-7:10 am | | | |
| 7:00 AM | | | | | | | |
| 7:30 AM | | | | | | | |
| 8:00 AM | | | | | | | |
| 8:30 AM | Silver Fitness & Strength 8:30-9:25 am | | | Silver Fitness & Strength 8:30-9:25 am | | | |
| 9:00 AM | | | | | | Pumped! 9:00-9:55 am | Pumped! 9:00-9:55 am |
| 9:30 AM | | SilverSneakers 9:30-10:15 am | | SilverSneakers 9:30-10:15 am | | | |
| 10:00 AM | Fit & Tone 10:00-10:55 am | | Fit & Tone 10:00-10:55 am | | Fit & Tone 10:00-10:55 am | | |
| 10:30 AM | | | | | | Insanity 10:15-11:05 am | |
| 11:00 AM | | Pumped! 11:00-11:55 am | | Pumped! 11:00-11:55 am | | | |
| 11:30 AM | | | | | | Boot Camp 11:15am-12:10 pm | Full Court Pick-Up Basketball 10:30 am-1:00 pm |
| 12:00 PM | | | | | | | |
| 12:30 PM | | Full Court Pick-Up Basketball 12:15-2:15 pm | | | | | |
| 1:00 PM | | | | | Full Court Pick-Up Basketball 1:00-3:00 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 | | Pumped! 5:30-6:25 pm | | | Pumped! 5:30-6:25 pm | | |
| 6:00 PM | | | 18+ Full Court Pick-Up Basketball 5:00-8:00 pm | Gladiator 6:00-7:00 pm | | | |
| 6:30 PM | Pumped! 6:15-7:10 pm | | | Total Body Boxing 7:00-7:55 pm | | | |
| 7:00 PM | | Gladiator 7:00-7:55 pm | | | | | |
| 7:30 PM | | | | | | | |
| 8:00 PM | | | | | | | |
| 8:30 PM | | | | Basketball Rental 8:15-10:15 pm | | | |
| 9:00 PM | | | | | | | |
| 9:30 PM | | | | | | | |
| 10:00 PM | | | | | | | |
| 10:30 PM | | | | | | | |

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| | Group Fitness Class |
| | Small Group Training Class |
| | Open Gym Time |
| | Programmed Gym Time |

The gym schedule is subject to change based on gym rental and special events.

