

UPTOWN GYM SCHEDULE

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

Dec 10 - 16, 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			Full Court Pick-Up Basketball 10:30 am-12:45 pm
11:30 AM							
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							Birthday Party Rental 12:45-3:30 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	18+ Full Court Pick- Up Basketball 5:00-8:00 pm		Pumped! 5:30-6:25 pm		
6:00 PM				Gladiator 6:00-7:00 pm			
6:30 PM	Pumped! 6:15-7:10 pm						
7:00 PM							
7:30 PM	Women's Weightlifting 7:30-8:25 pm			Gym Rental 7:30-9:30 pm			
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM							
10:30 PM							

	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.

