

DOWNTOWN GYM SCHEDULE

Last updated: 2/21/20

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

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|--|----------------------------|
| | 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.

