

# UPTOWN GYM SCHEDULE

Updated June 10, 2021

**\*Gym is closed 15 minutes before class starts and until all equipment is put away after class**

	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							
9:30 AM				Silver Sneakers 9:00-10:30am		Pumped 9:30-11:00am	
10:00 AM	Cycling 10:00-11:15am						
10:30 AM							
11:00 AM							
11:30 AM						Insanity 11:00am-12:15pm	
12:00 PM							
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							
6:00 PM	Pumped 5:45-7:15pm	Otters Dryland 6:00-7:00pm		Cycling 5:15-6:30pm			
6:30 PM							
7:00 PM							
7:30 PM							
8:00 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.