

UPTOWN GYM SCHEDULE

Updated 6/14/2022

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM							
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM				Silver Sneakers 9:00-10:30am			
10:30 AM	Cycling 10:00-11:15am		Cycling 10:00-11:15am			Pumped 9:30-11:00am	Cycling 9:45-11:15am
11:00 AM							
11:30 AM						Insanity 11:00am-12:30pm	Pumped 11:15a-12:15p
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		Boot Camp 5:00-6:00pm					
6:00 PM	Pumped 5:45-7:15pm		Pick-Up Basketball 5:00-7:30pm	Cycling 5:15-6:30pm			
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM				Basketball Rental 7:00-8:45pm			
9:00 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.

