

UPTOWN GYM SCHEDULE

Last updated: 11/13/22

	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							
10:00 AM				SilverSneakers Cardio 9:30- 10:15am		Pumped! 9:15-10:15am	
10:30 AM	Cycle 45 10:15-11:00am		Cycle 45 10:15-11:00am				Cycle 45 10:15-11:00am
11:00 AM						INSANITY 10:30-11:30pm	
11:30 AM							
12:00 PM							Pumped! Express 11:15-12:00pm
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							
6:30 PM	Pumped! 6:00- 7:00pm						
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							

- Group Fitness class
- Small Group Training class
- Programmed gym time
- Open gym time

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

