

# Gymnasium Schedule

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 a.m.	<i>Institute Closed</i>	Fit Camp (5:30a - 6:30a)	Fit Camp (5:30a - 6:30a)	Fit Camp (5:30a - 6:30a)	Fit Camp (5:30a - 6:30a)	Athletic Circuit Conditioning (5:30a - 6:30a)	<i>Institute Closed</i>
6:30 a.m.		Open for Basketball (6:40a - 8:50a)	Open for Basketball (6:40a - 9:20a)	Open for Basketball (6:30a-11a)	Open 6:40a - 9:20a for Basketball	Open 6:40a - 8:50a for Basketball	
7:00 a.m.							
8:00 a.m.							
9:00 a.m.		BodyPump (9a - 10a)	Zumba (9:30a-10:30a)		Zumba (9:30a-10:30a)		
10:00 a.m.	Open 10a - 2:50 p for Basketball	Open for Basketball (10a-11a)	Open for Basketball (10:30a-11:00a)		Open for Basketball (10:30a-11:00a)	BodyPump (10a - 11a)	Zumba (10:00a - 11:00a)
11:00 a.m.		ACE - Athletic Core Enhancement - 1/2 court (11a-12p)	ACE - Athletic Core Enhancement - 1/2 court (11a-12p)	ACE - Athletic Core Enhancement - 1/2 court (11a-12p)	ACE - Athletic Core Enhancement - 1/2 court (11a-12p)	Open for Basketball (11:00a -5p)	BodyPump (11:00a - 12:00p)
12:00 p.m.		Open for Basketball (12p-5:20p)	Open for Basketball (12p-4:50p)	Open for Basketball (12p-5:20p)	Open for Basketball (12p-4:50p)		Open for Basketball (12:00p-12:50p)
1:00 p.m.							LeanXtreme (1p-2p)
3:00 p.m.							Open for Basketball (2p-10p)
5:00 p.m.	Volleyball 3p to close		BodyPump (5p - 6p)		BodyPump (5p - 6p)		
5:30 p.m.		Fit Camp (5:30p - 6:30p)		Fit Camp (5:30p - 6:30p)			
6:00 p.m.			Fit Camp (6:00p - 7:05p)		Fit Camp (6:00p - 7:05p)		
6:30 p.m.		BodyPump (6:30p - 7:35p)		BodyPump (6:30p - 7:35p)		Volleyball (5p-close)	
7:15 p.m.			Zumba (7:15p - 8:15p)		Zumba (7:15p - 8:15p)		
7:40 p.m.		LeanXtreme (7:40p-8:40p)		LeanXtreme (7:40p-8:40p)			
8:00 p.m.		Open 8:45p - 11p for Basketball	Open 8:20p - 11p for Basketball	Open 8:45p - 11p for Basketball	Open 8:20p - 11p for Basketball		

\*\* Fit Camp Challenge requires an application and extra fee to participate

\*\*ACE requires an extra fee to participate

\*\* BodyPump Class requires an extra fee to participate