HEALTHY LIVING
GYM SCHEDULE
SEPTEMBER 17– DECEMBER 20 2018

9/8/2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
Open Gym	9:15 - 10:15am Raise the Bar	9:30- 10:30am Cardio Fit	9:15 - 10:15am Raise the Bar	Open Gym	9:30 -10:30am Boot Camp	Open Gym
Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
Open Gym	Open Gym	3:45– 9:00pm Tumbling	5:45-6:30pm HIIT	3:45- 9:00pm Tumbling	Open Gym	Open Gym
Open Gym	6:30 -7:30pm Zumba	3:45– 9:00pm Tumbling	6:30 -7:30pm Zumba	3:45- 9:00pm Tumbling	Open Gym	Open Gym
Open Gym	Open Gym	3:45-9:00pm Tumbling	Open Gym	3:45- 9:00pm Tumbling	Open Gym	Open Gym
Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym