



GYMNASIUM SCHEDULE

SCHEDULE UPDATED
11/28/2016

TIME \ DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am - 9:30am	OPEN					7:00am - 7:00pm	7:00am - 7:00pm
9:30am	HIIT & Strength <i>9:30am - 10:30am</i>	Functional Core <i>9:30am - 10:30am</i>	Full Body Fitness <i>9:30am - 10:30am</i>		Functional Fitness <i>9:30am - 10:30am</i>	OPEN	OPEN
10:30am - 3:30pm	OPEN			OPEN	OPEN	Zumba <i>10:00AM - 11:00AM</i>	Zumba <i>10:00AM - 11:00AM</i>
3:30pm						OPEN	OPEN
4:00pm	OPEN	YOUTH (10-12yo) Half Court Play Makers <i>4:00pm - 4:45pm</i>	OPEN	YOUTH (10-12yo) Half Court Play Makers <i>4:00pm - 4:45pm</i>	OPEN		
4:30PM		YOUTH (6-9yo) Half Court Sneaker Squeakers <i>4:45pm - 5:30pm</i>		YOUTH (6-9yo) Half Court Sneaker Squeakers <i>4:45pm - 5:30pm</i>			
5:00pm							
5:30pm	HYBRID	YOUTH (12-18yo) Full Court Sport Performance <i>5:30pm - 6:30pm</i>	HYBRID	YOUTH (12-18yo) Full Court Sport Performance <i>5:30pm - 6:30pm</i>			
6:00pm	Strength & Conditioning <i>5:30pm - 6:30pm</i>		Strength & Conditioning <i>5:30pm - 6:30pm</i>		OPEN		
6:30pm		OPEN					
7:00pm	Pick-up Basketball <i>Full court</i> <i>6:30pm - 8:00pm</i>			Pick-up Basketball <i>Full court</i> <i>6:30pm - 8:00pm</i>			
7:30pm							
8:00pm							
8:30pm	OPEN	OPEN	OPEN	OPEN	OPEN		
9:00pm - 10:00pm							
						BOLD TEXT labels are space use and classes included in membership.	
						OPEN gym is available for basketball and fitness use. Basketballs may be signed out at the front desk.	
						Please be courteous to other members, instructors and their use of the gym.	
						FOR MORE INFORMATION ABOUT OUR CLASSES CHECKOUT OUR WEB-SITE WWW.HAMPSHIREAC.COM	