



# GYMNASIUM SCHEDULE

SCHEDULE UPDATED  
1/11/2019

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am - 9:30am		← <b>OPEN</b> 5:00am - 9:30am →				<b>CLUB CLOSED</b> 5:00am - 7:00am		
9:30am		<b>HIIT &amp; Strength</b> 9:30am - 10:30am	<b>Functional Core</b> 9:30am - 10:30am	<b>Full Body Fitness</b> 9:30am - 10:30am		<b>Functional Fitness</b> 9:30am - 10:30am	<b>OPEN</b> 7:00am - 10:00am	<b>OPEN</b> 7:00am - 8:00am
10:30am - 3:30pm			↑				↓	<b>HSC (1/3 of court)</b> 8:00am - 10:00am
3:30pm		↑	<b>OPEN</b> 10:30am - 4:30pm	↑	↑		<b>Zumba</b> 10:00am - 11:00am	
4:00pm		<b>OPEN</b> 10:30am - 5:30pm	↓	<b>OPEN</b> 10:30am - 5:30pm	<b>OPEN</b> 5:00am - 6:30pm		<b>LSSE Basketball</b> 11:15am - 12:30pm	
4:30PM		↓	<b>Functional Circuits</b> 4:30pm - 5:30pm	↓	↓	↑	↑	↑
5:00pm					<b>OPEN</b> 10:30am - 10:00pm	<b>OPEN</b> 11:00am - 9:00pm	<b>OPEN</b> 11:00am - 9:00pm	
5:30pm		<b>HYBRID</b> Strength & Conditioning 5:30pm - 6:30pm	<b>Zumba</b> 5:35pm - 6:35pm	<b>HYBRID</b> Strength & Conditioning 5:30pm - 6:30pm		↓	↓	↓
6:00pm								
6:30pm		<b>Pick-up Basketball</b> <i>Full court</i> 6:30pm - 8:00pm	↑	↑	<b>Pick-up Basketball</b> <i>Full court</i> 6:30pm - 8:00pm		<b>BOLD TEXT labels are classes included in one's membership.</b>	
7:00pm							OPEN gym is available for basketball and fitness use. Basketballs may be signed out at the front desk.	
7:30pm			<b>OPEN</b> 6:35pm - 10:00pm	<b>OPEN</b> 6:30pm - 10:00pm			Please be courteous to other members, instructors and their use of the gym.	
8:00pm		↑	↓	↓	↑		<b>FOR MORE INFORMATION ABOUT OUR CLASSES</b> CHECKOUT OUR WEB-SITE <a href="http://WWW.HAMPSHIREAC.COM">WWW.HAMPSHIREAC.COM</a>	
8:30pm		<b>OPEN</b> 8:00pm - 10:00pm			<b>OPEN</b> 8:00pm - 10:00pm			
9:00pm - 10:00pm		↓			↓			