



GYMNASIUM SCHEDULE

SCHEDULE UPDATED
3/28/2018

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