



SMALL GYM ~ Fall 1 Session ~ Sept. 4 – Oct. 20, 2018

Time	Monday	Tuesday	Wednesday 20	Thursday	Friday	Saturday	Sunday
5:00-6:00 AM							
6:00-7:00 AM	"Warrior Camp"	Operation "Fat Burn"		Operation "Endurance"	Boot Camp		
7:00-8:00 AM							
8:00-9:00 AM							
9:00-10:00 AM	Pilates	Balls, Bands, & Weights	Cardio Fusion	Circuit Training	Cardio Kickboxing, Step & Strength	Sport-A-Day	Family Time
10:00-11:00 AM	Silver Sneakers	10:15-10:55 Low Impact Circuit	Silver Sneakers	10:15-11:00 Beginner Cardio	Silver Sneakers Strength & Stability		Family Time
11:00-12:00	Doodlebugs Gym Time	Bumblebees Gym Time	Ladybugs Gym Time	Sunflowers Gym Time	Butterflies Gym Time		Family Time
12:00-1:00 PM		Core & More 12:10-12:50	HEAT	Core & More 12:10-12:50		Birthday Parties	Family Time
1:00-2:00 PM						Birthday Parties	Birthday Parties
2:00-3:00 PM		Kindergarten (FD) Gym Time		Kindergarten (FD) Gym Time		Birthday Parties	Family Time
3:00-4:00 PM	KYDSTOP	KYDSTOP	KYDSTOP	KYDSTOP	KYDSTOP	Family Time	Family Time
4:15-5:00 PM	Teen Strength and Sports	Youth Strength	Teen Strength and Sports	Youth Strength		Family Time	Family Time
5:15-6:15 PM	Body Shock	Balls, Bands & Weights	Body Shock	Balls, Bands, & Weights	** Kickboxing \$	Family Time Close at 6	Close at 6
6:30-7:30 PM	** Kickboxing \$	Sm Gym Step Up Core Strike	Squash Ct Karate 13+	Rock Wall Climbing (All ages)	Sm Gym Step Up Core Strike	Squash Ct Open	Rock Wall Climbing (All ages)
7:30-8:30 PM		** Hapkido \$ Ages 18+ 7:30-8:30pm		** Hapkido \$ Ages 18+ 7:30-8:30pm			
8:30-10:00 PM							

**** Schedules subject to change based on enrollment****
\$ = Additional Fees
Space open for member use when space is available. Or not being used by Kydstop as scheduled.
No Stereo use please unless with a class.

Open for member use when space is available – no Stereo use unless with a class please.

CLOSED Monday Sept .3 Memorial Day and Monday Oct. 8 Columbus Day

Revised 8.27.18 sf