



SMALL GYM ~ Spring Session ~ May. 1–May. 31, 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00–6:00 AM							
6:00–7:00 AM	"Warrior Camp"	Operation "Fat Burn"		5:45am Operation "Endurance"	Boot Camp		
7:00–8:00 AM							
8:00–9:00 AM							
9:00–10:00 AM	Core Concentration	Balls, Bands, & Weights	Cardio Fusion	Circuit Training	Cardio Kickboxing, Step & Strength	Mini Ninjas	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	Rock Wall Climbing (All Ages) 1030–12pm	Gym Time Classis Games
12:00–1:00 PM		Core & More 12:10–12:50	HEAT	Core & More 12:10–12:50			Birthday Parties
1:00–2:00 PM				Riverbend		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	Super Hero Training 430– 510pm	Youth Strength		Family Time	Family Time
5:15–6:15 PM	Body Shock	Kickboxing \$	Body Shock		** 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+		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.

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Revised 4.30.19 jp