

**2025<sup>4</sup>**

# January

GYM SCHEDULE



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
Open Gym 5:30AM-8:15AM	Open Gym 5:30AM-9:00PM	Open Gym 5:30AM-8:15AM	Open Gym 5:30AM-9:00PM	Open Gym 5:30AM-8:15AM	Open Gym 7:00AM-5:00PM
<b>POWERHOUSE</b> 8:30AM-9:30AM -Stephen Closed Court		<b>POWERHOUSE</b> 8:30AM-9:30AM -Stephen Closed Court		<b>POWERHOUSE</b> 8:30AM-9:30AM -Stephen Closed Court	
Open Gym 9:45am-5:15pm		Open Gym 9:45am-4:15pm		<b>HONEYBEES</b> 10:00AM-11:00AM Closed Court 	
				Open Gym 11:15AM-4:15PM	
		4:30-5:30 PM <b>TRX&amp;Spin</b> Lisa Court Closed		<b>BOOT CAMP</b> 4:30PM-5:30PM -Rotation Court Closed	
5:30-6:30 PM <b>Spin&amp;Core</b> Jen Court Closed		<b>POWERHOUSE</b> 5:30-6:30PM -Jennifer Court Closed	5:00pm-7:00pm <b>Full-Court Adult Pick Up Basketball</b>		
Open Gym 7:15-9:00PM		Open Gym 7:15-9:00PM	Open Gym 7:15-9:00PM		

**SUNDAY**  
1:00PM-3:30PM  
**ADULT PICK-UP  
BASKETBALL**  
(ages 16 & Up)