





GYMNASIUM SCHEDULE

Effective: 3/22/10 - 6/20/10

MON	TUE	WED	THU	FRI	SAT	SUN			
5:00-10:00 OPEN GYM	5:45 - 6:30 High Intensity Interval Training <i>Jeremiah</i>	5:00-10:00 OPEN GYM	5:45 - 6:30 High Intensity Interval Training <i>Jeremiah</i>	6:00 - 8:00 OPEN GYM	6:00 - 7:45 OPEN GYM	6:00 - 8:45 OPEN GYM			
10:10 - 11:00 Work the Circuit <i>Jeremiah</i>	9:00- 10:00 Latin Rhythms <i>Darlene</i>		6:45 - 8:45 OPEN GYM	8:15 - 9:00 High Intensity Interval Training <i>Jeremiah</i>	8:00 - 8:45 Turbo Step <i>Kelley</i>		9:00 - 10:00  <i>Staff</i>		
11:00 - 3:00 OPEN GYM			9:00 - 9:45 Kickbox Challenge <i>Barbara</i>	9:15 - 10:00 Double Step <i>Katrina</i>	8:45 - 9:00 Abs Express <i>Kelley</i>				
		11:00 - 3:00 OPEN GYM	9:45 - 10:00 Abs Express <i>Barbara</i>	10:05 - 11:05 Dance Rhythms <i>Darlene</i>	9:05 - 10:05  <i>Nikki</i>	10:10 - 11:00 Zumba® <i>Staff</i>			
3:00 - 4:15 BASKETBALL Full Court Play	11:00-4:30 OPEN GYM	3:00 - 10:30 BASKETBALL Full Court Play	3:00 - 4:30 BASKETBALL Full Court Play	11:00 - 3:00 OPEN GYM	10:15-1:00 BASKETBALL Full Court Play	11:05 - 1:00 BASKETBALL Full Court Play			
4:30 - 5:25 Double Step & Abs <i>Katrina</i>			ALL GYMNASIUM ACTIVITIES ARE FOR ADULTS AGE 14 AND OLDER				1:00 - 3:00 KID'S TIME	1:00 - 3:00 KID'S TIME	
5:30-6:30 Zumba <i>Rodolfo</i>			4:45 - 5:30  <i>Kelley</i>		4:45 - 5:30  <i>Mandy</i>	3:00 - 6:15 BASKETBALL Full Court Play	3:00 - 5:45 BASKETBALL Full Court Play	3:00 - 5:45 BASKETBALL Full Court Play	
6:30 - 10:00 VOLLEYBALL Competitive League	6:30 - 10:00 VOLLEYBALL Recreational League		5:45 - 10:30 BASKETBALL Full Court Play	6:30 - 10:00 VOLLEYBALL Recreational League	Please check bulletin board for Gymnasium Reservations.				
						(860) 649-0597 Visit us online at www.courthouseplus.com			

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