



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIVING

GYM SCHEDULE

GREENVILLE

SEPT.-OCT. 2019

- Basketball Court
- Tennis Court 1
- Tennis Court 2
- Open Gym

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
5:00 AM		OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM				
6:00 AM										
7:00 AM										
8:00 AM										
9:00 AM								Kinetic Strength		
10:00 AM	SilverSneakers Classic	OPEN GYM	SilverSneakers Classic	OPEN GYM	SilverSneakers Classic	OPEN GYM				
11:00 AM	OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM			
12:00 AM										
1:00 PM								SilverSneakers Classic	SilverSneakers Classic	OPEN GYM
2:00 PM								Pickleball	OPEN GYM	
3:00 PM	Pickleball	Pickleball								
4:00 PM	Pickleball	Pickleball								
5:00 PM		Indoor Cycling & Bootcamp	OPEN GYM	OPEN GYM	Tennis Class Sept-Oct	OPEN GYM				
6:00 PM		Kinetic Strength		Kinetic Strength	OPEN GYM					
7:00 PM		Kinetic Strength		OPEN GYM						
8:00 PM		OPEN GYM						Adult Open Gym Basketball		
9:00 PM								OPEN GYM		

This schedule is subject to change. We will provide as much notice as possible in the event of a schedule change.