

CV GYM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym 5 - 7:45 a.m.	Tone & Sculpt 5:30 - 6:15 a.m.	Cardio Pump 5:30 - 6:15 a.m.	HIIT 5:30 - 6:15 a.m.	Cardio Barre 5:30 - 6:15 a.m.	Pick Up Basketball 6:45 - 8:45 a.m.	Total Body Workout 8:30 - 9:15 a.m.
Stretch & Strength 8 - 8:45 a.m.	Open Gym 6:30 - 7:45 a.m.	Open Gym 6:30 - 7:45 a.m.	Open Gym 6:30 - 8 a.m.	Yoga 7 - 7:45 a.m.	Cardio Pump 9:15 - 10 a.m.	Stretch & Strength 10:30 - 11:15 a.m.
Total Body Workout 9:15 - 10 a.m.	Stretch 8 - 8:45 a.m.	Barre 8 - 8:45 a.m.	Pilates 8:15 - 9 a.m.	Open Gym 8 - 9 a.m.	Open Gym 10:15 - 5 p.m.	Open Gym 11:30 - 5 p.m.
Delay the Disease 10 - 11:30 a.m.	Tone & Sculpt 9:15 - 10 a.m.	Dance Fitness 9:15 - 10 a.m.	Cardio Box 9:15 - 10 a.m.	Conditioning & Core 9:15 - 10 a.m.		
Open Gym 11:30 - 4:45 p.m.	Open Gym 10:15 - 5:45 p.m.	Delay the Disease 10 - 11:30 a.m.	Open Gym 11:30 - 5:45 p.m.	Open Gym 10:15 - 9 p.m.		
Bootcamp 5:45 - 6:30 p.m.	Conditioning & Core 6 - 6:45 p.m.	Open Gym 11:30 - 6:45 p.m.	P90X 6 - 6:45 p.m.			
Step & Sculpt 6:45 - 7:30 p.m.	Volleyball 7 - 9 p.m.	Adult Pick Up Basketball 7 - 9 p.m.	Volleyball 7 - 9 p.m.			
Open Gym 7:45 p.m. - 9 p.m.						