

CV GYM

June 1 - August 31

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|-----------------------------------|---|--------------------------------|---------------------------------------|--|---|
| Pilates 5:30 - 6:15 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. | Open Gym 5:15 - 6:45 a.m. | Pick Up Basketball 6:45 - 8:45 a.m. | Adult Pick-Up Basketball 8 - 10:30 a.m. |
| Open Gym 6:30 - 8 a.m. | Open Gym 6:30 - 7:45 a.m. | Yoga 7:15 - 8 a.m. | Open Gym 6:30 - 8 a.m. | Yoga 7 - 7:45 a.m. | Cardio Pump 9:15 - 10 a.m. | Stretch 10:30 - 11:15 a.m. |
| Stretch 8:15 - 9 a.m. | Stretch 8 - 8:45 a.m. | Body In Balance 8:15 - 9 a.m. | Pilates 8:15 - 9 a.m. | Weekly Pop-Up 8:15 - 9 a.m. | Open Gym 10:15 - 5 p.m. | Open Gym 11:30 - 5 p.m. |
| Barre 9:15 - 10 a.m. | Tone & Sculpt 9:15 - 10 a.m. | Dance Fitness 9:15 - 10 a.m. | Hi-Lo 9:15 - 10 a.m. | Conditioning & Core 9:15 - 10 a.m. | | |
| Delay the Disease 10 - 11:30 a.m. | Open Gym 10:15 - 5:45 p.m. | Delay the Disease 10 - 11:30 a.m. | Open Gym 10:15 - 5 p.m. | Open Gym 10:15 - 9 p.m. | | |
| Open Gym 11:30 - 5:45 p.m. | Hi-Lo 6 - 6:45 p.m. | Open Gym 11:30 - 6:45 p.m. | Fab Abs 5:15 - 6 p.m. | | | |
| Step & Sculpt 6 - 6:45 p.m. | Volleyball 7 - 9 p.m. | Adult Pick-Up Basketball 7 - 9 p.m. | Tone & Sculpt 6 - 6:45 p.m. | | | |
| Adult Pick-Up Basketball 7 - 9 p.m. | | | Volleyball 7 - 9 p.m. | | | |