

# CV GYM

## Adult Pick Up Basketball Schedule | 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.			