GYM SCHEDULE

MONDAY

BEGINNER (Ages 4-5) 4:00 - 5:00pm
INTERMEDIATE 5:00 - 6:00pm
INTERMEDIATE / ADVANCED 6:00 - 7:00

TUESDAY

BEGINNER/INTER. 5:00 - 6:00
INTERMEDIATE / ADVANCED 6:00 - 7:00
ADVANCED (TUCK OR BETTER) 7:00 - 8:00

THURSDAY

BEGINNER 4:00 - 5:00
BEGINNER/INTER. 5:00 - 6:00
INTERMEDIATE 6:00 - 7:00
ADVANCED (TUCK OR BETTER) 7:00 - 8:30

FRIDAY

INTERMEDIATE 4:00 -5:00
BEGINNER (Age 6 and up) 5:00 - 6:00

SATURDAY

BEGINNER 10:00-11:00
BEGINNER/INTER. 11:00 -12:00
OPEN GYM 12:00 - 1:30