

July 2010 Gym Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gym A					1 Open Gym 5am - 11:30am Adult Open Gym 11:30am-1:30pm Open Gym 1:30pm-10pm	2 Open Gym 5am - 11:30am Adult Open Gym 11:30am-1:30pm Open Gym 1:30pm-10pm	3 Open Gym 7am - 8pm
Gym B					100% Hoops 7am-10:30am Adult Open Gym 11:30am-1:30pm 100% Hoops 1:30pm-6pm Rental 6:30-8:30p	100% Hoops 7am-10:30am Adult Open Gym 11:30am-1:30pm 100% Hoops 1:30pm-6pm	100% Hoops 3pm-6pm SBA 6-7p
Gym C					Lil' Dragon TKD 4:30-5pm Beginner TKD 5-5:50pm Advanced TKD 6-6:50pm Rental 7:45-9:45p		SBA 3-7p
Gym A	4 Open Gym 9am - 8pm	5 Open Gym 5am - 11:30am Adult Open Gym 11:30am-1:30pm Open Gym 1:30pm-10pm	6 Open Gym 5am - 11:30am Adult Open Gym 11:30am-1:30pm Open Gym 1:30pm-10pm	7 Open Gym 5am - 11:30am Adult Open Gym 11:30am-1:30pm Open Gym 1:30pm-10pm	8 Open Gym 5am - 11:30am Adult Open Gym 11:30am-1:30pm Open Gym 1:30pm-10pm	9 Open Gym 5am - 11:30am Adult Open Gym 11:30am-1:30pm Open Gym 1:30pm-10pm	10 Open Gym 7am - 8pm
Gym B	100% Hoops 3pm-6pm	100% Hoops 7am-10:30am Adult Open Gym 11:30am-1:30pm 100% Hoops 1:30pm-6pm Men's Basketball League 7pm-9pm	100% Hoops 7am-10:30am Adult Open Gym 11:30am-1:30pm 100% Hoops 1:30-6pm Open Volleyball 7pm-9:30pm	100% Hoops 7am-10:30am Adult Open Gym 11:30am-1:30pm 100% Hoops 1:30-6pm Young Athletes 6-7pm	100% Hoops 7am-10:30am Adult Open Gym 11:30am-1:30pm 100% Hoops 1:30-6pm	100% Hoops 7am-10:30am Adult Open Gym 11:30am-1:30pm 100% Hoops 1:30-6pm	100% Hoops 3pm-6pm SBA 6-7p
Gym C	Open Volleyball 9am-12pm Table Tennis Drop In 4-7pm	Lil Dragons TKD 5:30-6pm Beginner TKD 6-6:50pm Men's Basketball League 7-10pm	Lil Dragons TKD 4:30-5pm Beginner TKD 5-5:50pm Advanced Taekwondo 6-6:50p Table Tennis Drop In 7-9:30p	Toddler Open Gym 10:30-11:30am Lil' Dragon TKD 5:30-6pm Beginner Taekwondo 6-6:50pm	Lil' Dragon TKD 4:30-5pm Beginner TKD 5-5:50pm Advanced TKD 6-6:50pm		SBA 3-7p
Gym A	11 Open Gym 9am - 8pm	12 Open Gym 5am - 11:30am Adult Open Gym 11:30am-1:30pm Open Gym 1:30pm-10pm	13 Open Gym 5am - 11:30am Adult Open Gym 11:30am-1:30pm Open Gym 1:30pm-10pm	14 Open Gym 5am - 11:30am Adult Open Gym 11:30am-1:30pm Open Gym 1:30pm-10pm	15 Open Gym 5am - 11:30am Adult Open Gym 11:30am-1:30pm Open Gym 1:30pm-10pm	16 Open Gym 5am - 11:30am Adult Open Gym 11:30am-1:30pm Open Gym 1:30pm-10:00pm	17 Open Gym 7am - 8pm
Gym B	100 % Hoops 3-6pm	Skyhawks Camp 9a-3p 100% Hoops 3pm-6pm Men's Basketball League 7pm-9pm	Skyhawks Camp 9a-3p 100% Hoops 3pm-6pm Open Volleyball 7pm-9:30pm	Skyhawks Camp 9a-3p 100% Hoops 3pm-6pm Young Athletes 6-7pm	Skyhawks Camp 9a-3p 100% Hoops 3pm-6pm	Skyhawks Camp 9a-3p 100% Hoops 3-6p	100% Hoops 3-6p SBA 6-7p
Gym C	Open Volleyball 9am-12pm Table Tennis Drop In 4-7pm	Skyhawks Camp 8am-5pm Lil' Dragon TKD 5:30-6pm Beginner TKD 6-6:50pm Men's Basketball League 7-10pm	Skyhawks Camp 8a-4:30p Lil Dragons TKD 4:30-5pm Beginner TKD 5-5:50pm Advanced Taekwondo 6-6:50p Table Tennis Drop In 7-9:30p	Skyhawks Camp 8am-5pm Lil' Dragon TKD 5:30-6pm Beginner TKD 6-6:50pm	Skyhawks Camp 8am-4:30pm Lil' Dragon TKD 4:30-5pm Beginner TKD 5-5:50pm Advanced TKD 6-6:50pm	Skyhawks Camp 8am-5pm	Weekend Toddler Open 10:30-11:30a SBA 3-7p

Calendar is continued on back of page.

Calendar subject to change

July 2010 Gym Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gym A	18 Open Gym 9am - 8pm	19 Open Gym 5am - 11:30am Adult Open Gym 11:30am-1:30pm Open Gym 1:30pm-10pm	20 Open Gym 5am - 11:30am Adult Open Gym 11:30am-1:30pm Open Gym 1:30pm-10pm	21 Open Gym 5am - 11:30am Adult Open Gym 11:30am-1:30pm Open Gym 1:30pm-10pm	22 Open Gym 5am - 11:30am Adult Open Gym 11:30am-1:30pm Open Gym 1:30pm-10pm	23 Open Gym 5am - 11:30am Adult Open Gym 11:30am-1:30pm Open Gym 1:30pm-10pm	24 Open Gym 7am-8pm
Gym B	100% Hoops 3-6pm	Adult Open Gym 11:30am-1:30pm 100% Hoops 3m-6pm Men's Basketball League 7pm-9pm	Adult Open Gym 11:30am-1:30pm 100% Hoops 3pm-6pm Open Volleyball 7-9:30	100% Hoops 7am-10:30am Adult Open Gym 11:30am-1:30pm 100% Hoops 3-6pm	Adult Open Gym 11:30am-1:30pm 100% Hoops 3pm-6pm	Adult Open Gym 11:30am-1:30pm 100% Hoops 1:30pm-6pm	Jump! Acrobatic Rope 9:45-11:15a Rock Solid Boot Camp 11:15a-12p Rock Solid Boot Camp 12:15-1p 100% Hoops 3-6p SBA 6-7p
Gym C	Open Volleyball 9am-12pm Table Tennis Drop In 4-7pm	Lil Dragons TKD 5:30-6pm Beginner TKD 6-6:50pm Men's Basketball League 7-10pm	Lil Dragons TKD 430-5pm Beginner TKD 5-5:50pm Advanced Taekwondo 6-6:50p Table Tennis Drop In 7-9:30p	Lil Dragons TKD 5:30-6pm Beginner TKD 6-6:50pm	Lil Dragon TKD 4:30-5pm Beginner TKD 5-5:50pm Advanced TKD 6-6:50pm	Teen Night Out 7-9pm	SBA 3-7p
Gym A	25 Open Gym 9am - 8pm	26 Open Gym 5am - 11:30am Adult Open Gym 11:30am-1:30pm Open Gym 1:30pm-10pm	27 Open Gym 5am - 11:30am Adult Open Gym 11:30am-1:30pm Open Gym 1:30pm-10pm	28 Open Gym 5am - 11:30am Adult Open Gym 11:30am-1:30pm Open Gym 1:30pm-10pm	29 Open Gym 5am - 11:30am Adult Open Gym 11:30am-1:30pm Open Gym 1:30pm-10pm	30 Open Gym 5am - 11:30am Adult Open Gym 11:30am-1:30pm Open Gym 1:30pm-10pm	31 Open Gym 7am-8pm
Gym B	100% Hoops 3-6pm	Adult Open Gym 11:30am-1:30pm 100% Hoops 3pm-6pm Men's Basketball League 7pm-9pm	Adult Open Gym 11:30am-1:30pm 100% Hoops 3pm-6pm Open Volleyball 7-9:30	Adult Open Gym 11:30am-1:30pm 100% Hoops 3pm-6pm	Adult Open Gym 11:30am-1:30pm 100% Hoops 3pm-6pm	Adult Open Gym 11:30am-1:30pm 100% Hoops 3pm-6pm	Jump! Acrobatic Rope 9:45-11:15a Rock Solid Boot Camp 11:15a-12p Rock Solid Boot Camp 12:15-1p 100% Hoops 3-6p SBA 6-7p
Gym C	Open Volleyball 9am-12pm Table Tennis Drop In 4-7pm	Lil Dragons TKD 5:30-6pm Beginner TKD 6-6:50pm Men's Basketball League 7-10pm	Lil Dragons TKD 430-5pm Beginner TKD 5-5:50pm Advanced Taekwondo 6-6:50p Table Tennis Drop In 7-9:30p	Toddler Open Gym 10:30-11:30am Lil' Dragon TKD 5:30-6pm Beginner TKD 6-6:50pm	Lil Dragons TKD 430-5pm Beginner TKD 5-5:50pm Advanced Taekwondo 6-6:50p		SBA 3-7p

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