



Ver.1

# August Gym Calendar

## Weekday Gym Hours

### Monday-Friday:

**Tuesday & Thursday**  
Lunch Hr Basketball: 12pm-2pm

**Monday, Wednesday, Friday**  
Toddler Club: 10am-1pm

## Weekend Gym Hours

### Saturday - Sunday

**Saturday:**  
Open Gym 1pm-8pm

**Sunday:**  
Open Gym 1pm-4pm  
Open Gym Volleyball 4pm-7pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> 6:30 – 7:30 Mountain Mobility Marisa 8:30-9:30- REV+FLOW 5:00-6:00 Youth Basketball	<b>2</b> 6:30 – 7:30 HIIT Marisa 10:00-1:00 Toddler Gym\Tot Club 3:30 – 6:30 Taekwondo	<b>3</b>
<b>4</b>	<b>5</b> 6:30 – 7:30 HIIT Marisa 8:30-9:30 – ReFit 10:00-1:00 Toddler Gym\Tot Club 6:00-7:30- Whole Health	<b>6</b> 6:30-7:30 Core and More Marisa 8:30-9:30- REV+FLOW 5:00-6:00 Youth Basketball	<b>7</b> 6:30 – 7:30 HIIT 8:30-9:30 – ReFit 10:00-1:00 Toddler Gym\Tot Club 6:00-7:30- Whole Health	<b>8</b> 6:30 – 7:30 Mountain Mobility Marisa 8:30-9:30- REV+FLOW 5:00-6:00 Youth Basketball	<b>9</b> 6:30 – 7:30 HIIT Marisa 10:00-1:00 Toddler Gym\Tot Club 3:30 – 6:30 Taekwondo	<b>10</b>
<b>11</b>	<b>12</b> 6:30 – 7:30 HIIT Marisa 8:30-9:30 – ReFit 10:00-1:00 Toddler Gym\Tot Club 6:00-7:30- Whole Health	<b>13</b> 6:30-7:30 Core and More Marisa 8:30-9:30- REV+FLOW 5:00-6:00 Youth Basketball	<b>14</b> 6:30 – 7:30 HIIT 8:30-9:30 – ReFit 10:00-1:00 Toddler Gym\Tot Club 6:00-7:30- Whole Health	<b>15</b> 6:30 – 7:30 Mountain Mobility Marisa 8:30-9:30- REV+FLOW 5:00-6:00 Youth Basketball	<b>16</b> 6:30 – 7:30 HIIT Marisa 10:00-1:00 Toddler Gym\Tot Club 3:30 – 6:30 Taekwondo	<b>17</b>
<b>18</b>	<b>19</b> 6:30 – 7:30 HIIT Marisa 8:30-9:30 – ReFit 10:00-1:00 Toddler Gym\Tot Club 6:00-7:30- Whole Health	<b>20</b> 6:30-7:30 Core and More Marisa 8:30-9:30- REV+FLOW 5:00-6:00 Youth Basketball	<b>21</b> 6:30 – 7:30 HIIT 8:30-9:30 – ReFit 10:00-1:00 Toddler Gym\Tot Club 6:00-7:30- Whole Health	<b>22</b> 6:30-7:30 Core and More Marisa 8:30-9:30- REV+FLOW 5:00-6:00 Youth Basketball	<b>23</b> 6:30 – 7:30 HIIT Marisa 10:00-1:00 Toddler Gym\Tot Club 3:30 – 6:30 Taekwondo	<b>24</b>
<b>25</b>	<b>26</b> 6:30 – 7:30 HIIT Marisa 8:30-9:30 – ReFit 10:00-1:00 Toddler Gym\Tot Club 6:00-7:30- Whole Health	<b>27</b> 6:30-7:30 Core and More Marisa 8:30-9:30- REV+FLOW	<b>28</b> 6:30 – 7:30 HIIT 8:30-9:30 – ReFit 10:00-1:00 Toddler Gym\Tot Club 6:00-7:30- Whole Health	<b>29</b> 6:30-7:30 Core and More Marisa 8:30-9:30- REV+FLOW	<b>30</b>	<b>31</b>