

GYM SCHEDULE



SEPTEMBER 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-8:00am	Adult Pick Up Basketball	Open (till 7:30am) Aspire (7:30 am)	Adult Pick Up Basketball	Open	Adult Pick Up Basketball (5:30-6:00am)	Open at 7:00am	Closed
8:00-9:00am	Open	Aspire till (till 8:30 am) Open (8:30 am)	Open	Open	Open	Open	Closed
9:00-11:00am	AIM till 10:30am	MDCC (9:30-10:00am) Open (10:15am)	AIM till 10:30	MDCC (9:30-10:00am) Open (10:15am)	AIM till 10:30am	Open	Closed
11:00am-3:00 pm	Open	Open	Open	Open	Open	Open	Open
3:00pm-6:00pm	Hang Time	Hang Time	Hang Time	Hang Time	Hang Time	Open	Open
6:00-7:00pm	Open	Open	Open	Open	Open	Closed	Closed
7:00-10:00pm	Open	Open	Open	Open	Women's Volleyball League	Closed	Closed

MDCC: Manor Discover Child Care, physical education class.

AIM: Aerobics in Motion, a fun and easy to learn dance workout which improves overall cardiovascular function, muscular endurance and flexibility.

ASPIRE: After School Program for Inspiration, Recreation and Education.

Hang Time: Middle School After School Program.

Women's Volleyball League: play begins 9/10