



THE ATLANTIC CLUB

# THE ATLANTIC CLUB GYMNASIUM SCHEDULE

## Group Exercise/ Small Group Training

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00am-11:00am <i>Entire Gym</i>	9:00am-11:00am <i>Entire Gym</i>	9:00am-11:00am <i>Entire Gym</i>	5:30am-6:30am <i>Entire Gym</i>	8:45am-11:00am <i>Entire Gym</i>		
5:30pm-6:15pm Boxing Skills & Drills <i>Front Half Court</i>	6:30pm-7:30pm INSANITY <i>Entire Gym</i>		9:00am-11:00am			
6:30pm-7:30pm H.E.A.T <i>Entire Gym</i>			6:30pm-7:30pm H.E.A.T <i>Entire Gym</i>			

## Open Gym

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:00am-5:30pm <i>Entire Gym</i>	11:00am-6:30pm <i>Entire Gym</i>	11:00am-6:30pm <i>Entire Gym</i>	11:00am-6:30pm <i>Entire Gym</i>	11:00am-8:30pm <i>Entire Gym</i>	6:00am-8:00am <i>Entire Gym</i>	6:00am-8:00am <i>Entire Gym</i>
5:30pm-6:30pm <i>Back Half Court</i>	7:30pm-8:30pm <i>Entire Gym</i>			8:30pm-10:00pm <i>Half Court</i>	12:00pm-4:00pm <i>Entire Gym</i>	12:00pm-4:00pm <i>Entire Gym</i>
7:30pm-8:30pm <i>Entire Gym</i>		6:30pm-10:00pm <i>Half Court</i>	7:30pm-8:30pm <i>Entire Gym</i>		4:00pm-5:00pm <i>Half Court</i>	

## Adult Basketball

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am-9:00am <i>Entire Gym</i>	5:00am-9:00am <i>Entire Gym</i>	5:00am-9:00am <i>Entire Gym</i>	6:30am-8:45am <i>Entire Gym</i>	5:00am-8:45am <i>Entire Gym</i>	8:00am-12:00pm <i>Entire Gym</i>	8:00am-12:00pm <i>Entire Gym</i>
8:30pm-10:00pm <i>Entire Gym</i>	8:30pm-10:00pm <i>Entire Gym</i>	8:30pm-10:00pm <i>Half Court</i>	8:30pm-10:00pm <i>Entire Gym</i>	8:30pm-10:00pm <i>Half Court</i>	4:00pm-5:00pm <i>Half Court</i>	4:00pm-6:00pm <i>Entire Gym</i>
					5:00pm-6:00pm <i>Entire Gym</i>	