



THE ATLANTIC CLUB

# THE ATLANTIC CLUB GYMNASIUM SCHEDULE

## Group Exercise/ Small Group Training

| MONDAY                                                                    | TUESDAY                                    | WEDNESDAY                                  | THURSDAY                                  | FRIDAY                                    | SATURDAY | SUNDAY |
|---------------------------------------------------------------------------|--------------------------------------------|--------------------------------------------|-------------------------------------------|-------------------------------------------|----------|--------|
| <b>9:00am-11:00am</b><br><i>Entire Gym</i>                                | <b>9:00am-11:00am</b><br><i>Entire Gym</i> | <b>9:00am-11:00am</b><br><i>Entire Gym</i> | <b>5:30am-6:30am</b><br><i>Entire Gym</i> | <b>8:45am-1:00pm</b><br><i>Entire Gym</i> |          |        |
| <b>5:30pm-6:15pm</b><br>Boxing Skills & Drills<br><i>Front Half Court</i> | <b>6:00pm-7:00pm</b><br><i>Entire Gym</i>  | <b>6:00pm-7:00pm</b><br><i>Entire Gym</i>  | <b>9:00am-11:00am</b>                     |                                           |          |        |
| <b>6:30pm-7:30pm</b><br>H.E.A.T<br><i>Entire Gym</i>                      |                                            |                                            |                                           |                                           |          |        |

## Open Gym

| MONDAY                                         | TUESDAY                                    | WEDNESDAY                                  | THURSDAY                                   | FRIDAY                                     | SATURDAY                                   | SUNDAY                                     |
|------------------------------------------------|--------------------------------------------|--------------------------------------------|--------------------------------------------|--------------------------------------------|--------------------------------------------|--------------------------------------------|
| <b>11:00am-5:30pm</b><br><i>Entire Gym</i>     | <b>11:00am-6:00pm</b><br><i>Entire Gym</i> | <b>11:00am-6:00pm</b><br><i>Entire Gym</i> | <b>11:00am-8:30pm</b><br><i>Entire Gym</i> | <b>1:00pm-8:30pm</b><br><i>Entire Gym</i>  | <b>6:00am-8:00am</b><br><i>Entire Gym</i>  | <b>6:00am-8:00am</b><br><i>Entire Gym</i>  |
| <b>5:30pm-6:30pm</b><br><i>Back Half Court</i> | <b>7:00pm-10:00pm</b><br><i>Entire Gym</i> | <b>7:00pm-8:30pm</b><br><i>Entire Gym</i>  |                                            | <b>8:30pm-10:00pm</b><br><i>Half Court</i> | <b>12:00pm-4:00pm</b><br><i>Entire Gym</i> | <b>12:00pm-4:00pm</b><br><i>Entire Gym</i> |
| <b>7:30pm-8:30pm</b><br><i>Entire Gym</i>      |                                            | <b>8:30pm-10:00pm</b><br><i>Half Court</i> |                                            |                                            | <b>4:00pm-5:00pm</b><br><i>Half Court</i>  |                                            |

## Adult Basketball

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