

August Dan Kinney Gym Schedule

<u>Time</u>	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
5:00am	xxxxxx	Action by Melissa		Action by Melissa		Action by Melissa	xxxxxx
6:00am	xxxxxx						xxxxxx
7:00am	xxxxxx						
8:00am	xxxxxx						
8:30am	xxxxxx	SilverSneakers Cardio Circuit Christy		SilverSneakers Cardio Circuit Amy		SilverSneakers Cardio Circuit Amy	
9:00am	xxxxxx	SilverSneakers Cardio Circuit Christy	SilverSneakers Classic Amy	SilverSneakers Cardio Circuit Amy	SilverSneakers Classic Amy	SilverSneakers Cardio Circuit Amy	Suspension Pro Fitness Pam
9:30am	xxxxxx	Body Blast Shanda	SilverSneakers Classic Amy	Body Blast Shanda	SilverSneakers Classic Amy	Body Blast Shanda	Suspension Pro Fitness Pam
10:00am		Body Blast Shanda	Pickleball	Body Blast Shanda	Pickleball	Body Blast Shanda	Body Blast Kim
11:00am			Pickleball		Pickleball		Volleyball
Noon							Volleyball
1:00pm		SilverSneakers CardioCircuit Christy		SilverSneakers CardioCircuit Christy	SilverSneakers CardioCircuit Liz	SilverSneakers CardioCircuit Christy	Volleyball (Half Court)
2:00pm							
3:00pm		Pickleball		Pickleball		Pickleball	
4:00pm		Pickleball		Pickleball		Pickleball	
5:00pm							
6:00pm	xxxxxx			Open Volleyball (Half Court)	Volleyball League		
7:00pm	xxxxxx			Open Volleyball	Volleyball League	Pickleball (Half-Court)	
8:00pm	xxxxxx			Open Volleyball	Volleyball League	Pickleball (Half-Court)	xxxxxx
9:00pm	xxxxxx			Open Volleyball	Volleyball League	Pickleball (Half-Court)	xxxxxx