

October 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						
8:30am	xxxxxx	Low Impact Aerobics Nancy					
9:00am	xxxxxx	Low Impact Aerobics Nancy					Suspension Pro Fitness Laura
9:30am	xxxxxx	Body Blast Kim		Body Blast Kim		Body Blast Kim	Suspension Pro Fitness Laura
10:00am		Body Blast Kim	Pickleball	Body Blast Kim	Pickleball	Body Blast Kim	Body Blast Laura
10:45am			Pickleball	Low Impact Aerobics Nancy	Pickleball		
11:00am			Pickleball	Low Impact Aerobics Nancy	Pickleball		Volleyball
Noon							Volleyball
1:00pm							
2:00pm							
2:30pm		Pickleball		Pickleball		Pickleball	
4:00pm		Pickleball		Pickleball		Pickleball	
4:30PM		Pickleball	Suspension Pro Fitness Ally	Pickleball		Pickleball	
5:00pm			Suspension Pro Fitness Ally				
6:00pm	xxxxxx	Volleyball League	Tae Kwon Do Chuck	Volleyball	Volleyball League		
7:00pm	xxxxxx	Volleyball League		Volleyball	Volleyball League	Pickleball (Half-Court)	
8:00pm	xxxxxx	Volleyball League		Volleyball	Volleyball League	Pickleball (Half-Court)	xxxxxx