

June 2018 – Open Gym Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9:00-11:00am	2
3	4 9:00-11:00am 1:00-4:00pm Balance & Strength @ 2:00pm	5 1:00-4:00pm	6 9:00-11:00am 1:00-4:00pm Sit & Be Fit @ 3:00pm	7 1:00-4:00pm Chair Yoga/ Stretching @ 3pm	8 9:00-11:00am	9
10	11 9:00-11:00am 1:00-4:00pm Balance & Strength @ 2:00pm	12 1:00-4:00pm	13 9:00-11:00am 1:00-4:00pm Sit & Be Fit @ 3:00pm	14 1:00-4:00pm Chair Yoga/ Stretching @ 3pm	15 9:00-11:00am	16
17	18 9:00-11:00am 1:00-4:00pm Balance & Strength @ 2:00pm	19 1:00-4:00pm	20 9:00-11:00am 1:00-4:00pm Sit & Be Fit @ 3:00pm	21 1:00-4:00pm Chair Yoga/ Stretching @ 3pm	22 9:00-11:00am	23
24	25 9:00- 11:00am 1:00- 4:00pm Balance & Strength @ 2:00pm	26 1:00-4:00pm	27 9:00- 11:00am 1:00- 4:00pm Sit & Be Fit @ 3:00pm	28 1:00-4:00pm Chair Yoga/ Stretching @ 3pm	29 9:00- 11:00am	30

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