

Gym Club Program Schedule - White Space Open for Activities

Club Activities have Priority - Events will be posted 24 hours in advance

Nov. 2015	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM							
5:15 AM		TribeFIT		TribeFIT			
5:30 AM	BootCamp	David	BootCamp	David	BootCamp		
6:00 AM							
6:15 AM							
6:30AM							
7:45AM							
8:00 AM		EGT		EGT	EGT		
8:15 AM							
8:45AM							
9:00 AM	TribeLIFE	BootCamp	TribeLIFE	BootCamp			
9:15 AM	David		David				
9:30 AM							
9:45 AM							
10:00 AM							
10:15 AM	Seniors		Seniors		Seniors		
10:30 AM							
11:05 AM	Seniors		Seniors		Seniors		
11:30 AM							
11:45PM							
12:00 PM		TribeFIT		TribeFIT			
12:30 PM		Sarah		Sarah			
1:00 PM							
1:30PM							
2:00PM							
2:30PM							
3:00 PM							
3:45 PM							
4:00 PM	Kids	Kids	Kids	Kids	Kids		
4:15 PM							
4:30 PM		S&P		S&P	Speed and Performance uses gym, SCC, and back basketball court		
5:15 PM							
5:30 PM	TribeFIT	BootCamp	TribeFIT	b	Kids		
5:45 PM					Event		
6:30 PM		TribeFIT		TribeFIT	the 2nd		
6:30 PM	TribeLife	Melissa	TribeLife	Melissa	and 3rd		
7:00 PM					Friday		
7:30 PM		TribeLife		TribeLife	of		
7:30 PM		Deb		Deb	each month		
8:30 PM							
10:00 PM							•

The Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM							
6:00 AM							
7:00 AM							
8:00 AM							
8:30 AM							
9:00 AM							
9:45 AM							
10:00AM							
10:45 AM							
11:00 AM		Tennis Dept.					
12:00 PM							
1:00 PM							
1:30PM	Meeting	Meeting	Meeting	Meeting	Meeting		
2:30 PM							
2:45 PM							
3:30 PM							
4:00 PM		Ballet I		Ballet I			
4:30 PM		Begins Feb. 5		Begins Feb. 5			
5:00 PM		Ballet II		Ballet II			
5:30 PM		Begins Feb. 5		Begins Feb. 5			
6:00 PM	Hot Yoga	Belly	Hot Yoga	Belly			
6:15 PM		Dancing		Dancing			
7:00 PM							
7:30PM							
7:45 PM							
8:00 PM							
9:00 PM							
10:00 PM							