

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 | David | | David | | David | | |
| 6:15 AM | | | | | | | |
| 6:30AM | | | | | | | |
| 7:45AM | | Weekday | | Weekday | Weekday | | |
| 8:00 AM | | Warrior | | Warrior | Warrior | Weekend | |
| 8:15 AM | | Deborah | | Deborah | Deborah | Warrior | |
| 8:45AM | | | | | | Chase | |
| 9:00 AM | | BootCamp | | BootCamp | | | |
| 9:15 AM | | Kama | | Kama | | | |
| 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 | TribeLIFE | TribeFIT | TribeLIFE | TribeFIT | | | |
| 12:30 PM | Taylor | Taylor | Taylor | Taylor | | | |
| 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 | | Chase/Matt | | Chase/Matt | | | |
| 5:30 PM | TribeFIT | BootCamp | TribeFIT | BootCamp | Kids | | |
| 5:45 PM | Chase | | Chase | | Event | | |
| 6:30 PM | | TribeFIT | | TribeFIT | the 2nd | | |
| 6:30 PM | TribeLife | Melissa | TribeLife | Melissa | and 3rd | | |
| 7:00 PM | Chase | | Chase | | Friday | | |
| 7:30 PM | | | | | of | | |
| 7:30 PM | | | | | 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 | EGT | | EGT | | | | |
| 8:30 AM | | | | | | | |
| 9:00 AM | | | | | | | |
| 9:45 AM | | | | | | | |
| 10:00AM | | | | | | | |
| 10:45 AM | | | | | | | |
| 11:00 AM | | | | | | | |
| 12:00 PM | | | | | | | |
| 1:00 PM | | | | | | | |
| 1:30PM | Meeting | | Meeting | Meeting | | | |
| 2:30 PM | | | | | | | |
| 2:45 PM | | | | | | | |
| 3:30 PM | | | | | | | |
| 4:00 PM | | | | | | | |
| 4:30 PM | | | | | | | |
| 5:00 PM | | | | | | | |
| 5:30 PM | | | | | | | |
| 6:00 PM | | Belly | | Belly | | | |
| 6:15 PM | | Dancing | | Dancing | | | |
| 7:00 PM | | Begins 9-3 | | Begins 9-3 | | | |
| 7:30PM | | | | | | | |
| 7:45 PM | | | | | | | |
| 8:00 PM | | | | | | | |
| 9:00 PM | | | | | | | |
| 10:00 PM | | | | | | | |