


FULTON GYM SCHEDULE

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	General Open	Adult/Sr. High Open*	General Open	Adult/Sr. High Open *	General Open	General Open	Adult Open*
5:30 AM							
5:45 AM	BOOT CAMP	BODY PUMP	BOOT CAMP	BODY PUMP	BOOT CAMP		
6:00 AM	5:45-6:30 JENNI	5:45-6:30 CARRIE	5:45-6:30 JENNI	5:45-6:30 CARRIE	5:45-6:30 JENNI		
6:30 AM	General Open		General Open		General Open		
7:00 AM	CHILDCARE	CHILDCARE	CHILDCARE	CHILDCARE	CHILDCARE		
7:30 AM	7-8:00	7-8:00	7-8:00	7-8:00	7-8:00		
8:00 AM							
8:00 AM	open	STRETCH FOR FLEX	open	STRETCH FOR FLEX	open		
8:30 AM		8-8:45		8-8:45			
8:45 AM		AERODANCE		AERODANCE			
9:00 AM	ANITA'S CHOICE	8:45-9:30	ANITA'S CHOICE	8:45-9:30	ANITA'S CHOICE		
	9-10:00		9-10:00		9-10:00		
9:15 AM		MISTY		MISTY			
9:30 AM		FAST, FUN AND DONE		FAST, FUN AND DONE			
9:55 AM	ANITA		ANITA		ANITA		
10:00 AM		9:30-10:15	OPEN	9:30-10:15	TAI CHI		
10:15 AM		ANNIE		ANNIE	10-10:45		
10:30 AM				Adult/Sr. High Open *			
10:45 AM					MARGARET QUAMME		
11:00 AM	Adult/Sr. High Open *	Adult/Sr. High Open*	ADULT LINE DANCING		Adult/Sr. High Open *		
11:30 AM			11-12:00				
11:45 AM							
Noon			MISTY				
12:30 PM			OPEN				
1:00 PM							
1:30 PM							
2:00 PM		Family/Youth Open	Family/Youth Open	Family/Youth Open	Family/Youth Open		
2:30 PM							
2:45 PM							
3:00 PM							
3:30 PM	CHILDCARE	CHILDCARE	CHILDCARE	CHILDCARE	CHILDCARE		
4:00 PM	3:30-5:15	3:30-5:15	3:30-5:15	3:30-5:15	3:30-5:15		
4:30 PM							
5:00 PM							
5:15 PM							
5:30 PM	BODY PUMP		BODY PUMP		General Open		
5:35 PM		BODY PUMP		BODY PUMP			
5:45 PM							
6:00 PM	5:30-6:30	5:35-6:35	5:30-6:30	5:35-6:35			
6:15 PM	CARRIE	JENNI	CARRIE	JENNI			
6:30 PM	OPEN	JUST JENNI EXPRESS	OPEN	JUST JENNI EXPRESS			
6:45 PM		6:35-7:05		6:35-7:05			
7:00 PM	KARATE	Adult Open	KARATE	Adult Open			
7:10 PM							
7:30 PM	7:00-8:35		7:00-8:35	Open Volleyball**(7:35)			
8:00 PM				18 and older			
8:30 PM							
8:35 PM							
8:35 PM	General Open		General Open				
9:00 PM	8:35-10		8:35-10				
9:30 PM							
10:00 PM	CLOSE @ 10	CLOSE @ 10	CLOSE @ 10	CLOSE @ 10	CLOSE @ 10		

Open Gym available for
basketball and other activities.

Children are not permitted in the Gym during Adult Open.

* Adult/Sr. High Open Gym is designated for 9th grade and older.

** Open Volleyball is designated for ages 18 and older.

THANK YOU.

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THANK YOU.

Revised:
June 7, 2016

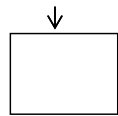


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