

**FULTON GYM SCHEDULE**  
 Winter , Spring I, and Spring II 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00 AM	General Open	General Open	General Open	General Open	General Open			5:00 AM
5:30 AM	Body Pump	Grit @ 5:45am	Body Pump	Grit @ 5:45 am	Body Pump			5:30 AM
6:00 AM	Body Pump	Grit til 6:15am	Body Pump	Grit til 6:15 am	Body Pump	General Open		6:00 AM
6:30 AM	General Open	General Open	General Open	General Open	General Open	General Open		6:30 AM
7:00 AM	Childcare	Childcare	Childcare	Childcare	Childcare	General Open		7:00 AM
7:30 AM	Childcare	Childcare	Childcare	Childcare	Childcare	General Open		7:30 AM
8:00 AM	General Open	Stretch For Flex til 8:45	General Open	Stretch For Flex (8:00)	General Open	Body Pump		8:00 AM
8:30 AM	General Open	Stretch For Flex til 8:45	General Open	Aerodance (8:45-		Body Pump		8:30 AM
9:00 AM	Instructors Choice(9-10)	Aerodance 8:45-9:30a	Instructors Choice (9-10)	9:30)	Instructors Choice(9-10)	Body Combat		9:00 AM
9:30 AM	Instructors Choice(9-10)	Fast, Fun & Done 9:30a	Instructors Choice (9-10)	Fast, Fun & Done (9:30-	Instructors Choice(9-10)	Body Combat		9:30 AM
10:00 AM	General Open	Fast, Fun&Done 10:15a	General Open	10:15)	Tai Chi (10:00-10:45)	Pee Wee Soccer		10:00 AM
10:30 AM	General Open	Preschool (10:30-11:00)	General Open	General Open	Tai Chi (10:00-10:45)	Pee Wee Soccer		10:30 AM
11:00 AM	General Open	General Open	General Open	General Open	General Open	Pee Wee Soccer		11:00 AM
11:30 AM	General Open	General Open	General Open	General Open	General Open	General Open		11:30 AM
Noon	Adult Basketball	Adult Basketball	Adult Basketball	Adult Basketball	Adult Basketball	General Open		NOON
12:30 PM	Adult Basketball	Adult Basketball	Adult Basketball	Adult Basketball	Adult Basketball	General Open		12:30 PM
1:00 PM	Adult Basketball	Preschool (1:00-1:30)	Adult Basketball	Adult Basketball	Adult Basketball	General Open	General Open	1:00 PM
1:30 PM	Adult Basketball	Youth Open	Youth Open	Adult Basketball	Adult Basketball	General Open	General Open	1:30 PM
2:00 PM	Homeschool Recreation	Youth Open	Youth Open	Youth Open	Youth Open	General Open	General Open	2:00 PM
2:30 PM	Homeschool Rec til 2:45pm	Youth Open	Youth Open	Youth Open	Youth Open	General Open	General Open	2:30 PM
3:00 PM	General Gym	Youth Open	Youth Open	Youth Open	Youth Open	General Open	General Open	3:00 PM
3:30 PM	Childcare	Childcare	Childcare	Childcare	Childcare	General Open	General Open	3:30 PM
4:00 PM	Childcare	Childcare	Childcare	Childcare	Childcare	General Open	General Open	4:00 PM
4:30 PM	Childcare	Childcare	Childcare	Childcare	Childcare	General Open	General Open	4:30 PM
5:00 PM	Childcare til 5:15pm	Childcare til 5:15pm	Childcare til 5:15pm	Childcare til 5:15pm	Childcare til 5:15pm	General Open	General Open	5:00 PM
5:30 PM	Muscle Mix @ 5:25pm	Body Pump	Muscle Mix @ 5:25pm	Body Pump	General Open		General Open	5:30 PM
6:00 PM	Grit/WOD	Body Pump	Grit/WOD	Body Pump	General Open	Close @ 6:00 PM	Close @ 6:00 PM	6:00 PM
6:30 PM	Grit/WOD	HIIT	Grit/WOD	HIIT	General Open			6:30 PM
7:00 PM	Karate 7-8:35pm	HIIT til 7:30pm	Karate 7:00-8:35pm	HIIT til 7:30pm	General Open			7:00 PM
7:30 PM	Karate 7-8:35pm	General Open	Karate 7:00-8:35pm	Volleyball**(7:30)	General Open			7:30 PM
8:00 PM	Karate 7-8:35pm	General Open	Karate 7:00-8:35pm	18 and older	General Open			8:00 PM
8:30 PM	General Open (8:35pm)	General Open	General Open (8:35)		General Open			8:30 PM
9:00 PM	General Open	General Open	General Open		General Open			9:00 PM
9:30 PM	General Open	General Open	General Open		General Open			9:30 PM
10:00 PM	Close @ 10:00 PM	Close @ 10:00 PM	Close @ 10:00 PM	Close @ 10:00 PM	Close @ 10:00 PM			10:00 PM

Children 17 and under are not permitted in the gym during Adult Basketball or During Fitness classes.

General Open is all ages basketball, volleyball or other activities.

Adult Basketball is 18 years and older.

Youth Open is all ages 17 and under.