



FULTON GYM

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00					HIIT 5:30-6AM		CLOSED
5:15							
5:30		WAKE UP W/CARRIE		WAKE UP W/CARRIE			
6:00		OPEN GYM					
7:00						OPEN GYM	
7:30							
7:45							
8:00		STRETCH FOR FLEX 8-8:45		STRETCH FOR FLEX 8-8:45			
8:15							
8:30			CORE & STRETCH 8:30-9:15				
8:45							
9:00		STRENGTH AND ENDURANCE 9-10:15		STRENGTH AND ENDURANCE 9-10:15			
9:15	INSTRUCTORS CHOICE		ROCK & RHYTHM		INSTRUCTORS CHOICE		
9:30							
9:45							
10:00							
10:15							
10:30	ADULT OPEN GYM (18+) 10:30 - 1:30PM						
11:00							
11:30							
11:45							
12:00							
12:15							
12:30							
12:45							
1:00							OPENS @ 1:00
1:15							
1:30	OPEN GYM						
1:45							
2:00							
2:15							
2:30							
2:45							OPEN GYM
3:00	TEEN OPEN GYM (13-17) 3PM-5PM						
3:15							
3:30							
3:45							
4:00							
4:15							
4:30							CLOSES @ 5PM
4:45							
5:00						CLOSED	
5:15							
5:30			HIIT 5:30-6	V-BALL PRACTICE 5-6:30			
5:45							
6:00							
6:15		SOCCER Ages 4-6 6:15-7					
6:30			V-BALL PRACTICE 6:30 - 8				
6:45							
7:00							
7:15							
7:30							
7:45							
8:00							
9:00	Monday-FRIDAY Close @ 9PM SATURDAY Close @ 4PM SUN @ 5PM						