



# FULTON GYM

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

EFFECTIVE NOVEMBER 11, 2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00					HIIT		C L O S E D
5:15					5:30-6AM		
5:30		BODY PUMP		BODY PUMP			
6:00	BODY PUMP	W/CARRIE	BODY PUMP	W/CARRIE			
7:00	W/CARRIE		W/CARRIE				
7:30					OPEN GYM	O P E N G Y M	
7:45	OPEN GYM		OPEN GYM				
8:00		STRETCH FOR FLEX		STRETCH FOR FLEX			
8:15		8-8:45	CORE & STRETCH	8-8:45			
8:30			8:30-9:15				
8:45							
9:00							
9:15	INSTRUCTORS	BODY PUMP		BODY PUMP	INSTRUCTORS		
9:30	Choice	9-10:15	ROCK & RHYTHM	9-10:15	Choice		
9:45	9:15am-10:15am				9:15am-10:15am		
10:00							
10:15		Silver Sneakers		Silver Sneakers			
10:30		Circuit		Circuit			
11:00		10:15am-11am		10:15am-11am			
11:30							
11:45							
12:00							
12:15							
12:30							
12:45							
1:00							OPENS @ 1:00
1:15							
1:30							
1:45							
2:00							
2:15							
2:30							
2:45							
3:00							OPEN GYM
3:15							
3:30							
3:45							
4:00							
4:15							
4:30							
4:45							
5:00							
5:15	Lady			Lady			C L O S E D
5:30	Blue Knights			Blue Knights			
5:45	V-Ball	FCBA	FCBA	V-Ball			
6:00	5PM - 6:30PM	Basketball	Basketball	5PM - 6:30PM			
6:15	(Rental)	5:30pm	5:30pm	(Rental)			
6:30		to	to				
6:45		7:30pm	7:30pm				
7:00	FCBA	(Rental)	(Rental)	FCBA			
7:15	Basketball			Basketball			
7:30	6:30pm			6:30pm			
7:45	to	Lady		to			
8:00	8:30pm	Blue Knights		8:30pm			
8:15	(Rental)	V-ball		(Rental)			
8:30		7:30pm-8:50pm					
9:00							

Monday-FRIDAY Close @ 9PM | SATURDAY Close @ 4PM | SUN @ 5PM