



# FULTON GYM

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00					HIIT		C L O S E D
5:15					5:30-6AM		
5:30	INSTRUCTORS CHOICE	BODY PUMP	INSTRUCTORS CHOICE	BODY PUMP			
6:00	6-6:30AM	5:30-6:15AM	6-6:30AM	5:30-6:15AM			
6:30					O P E N G Y M		
7:00							
7:45							
8:00		STRETCH FOR FLEX		STRETCH FOR FLEX			
8:15		8-8:45		8-8:45			
8:30	CORE & STRETCH		CORE & STRETCH				
8:45	8:30-9:15		8:30-9:15				
9:00		BODY PUMP		BODY PUMP			
9:15		9-10AM		9-10AM			
9:30	INSTRUCTORS CHOICE		ROCK & RHYTHM		INSTRUCTORS CHOICE		
9:45			9:30-10AM				
10:00	9:30-10:15AM				9:30-10:15AM		
10:15		Silver Sneakers		Silver Sneakers			
10:30		CIRCUIT		CIRCUIT			
11:00		10:15am-11am		10:15am-11am			
11:30							
11:45							
12:00	O P E N G Y M						
12:15							
12:30							
12:45							
1:00							
1:15							
1:30			OPENS @ 1:00				
1:45							
2:00							
2:15							
2:30							
2:45							
3:00	T E E N O P E N G Y M (13-17) 3PM-5PM						
3:15							
3:30							
3:45							
4:00							
4:15							
4:30			CLOSES @ 5PM				
4:45							
5:00						C L O S E D	
5:15	Lady Blue Knights			Lady Blue Knights			
5:30	V-Ball			V-Ball			
5:45	5PM - 6:30PM			5PM - 6:30PM			
6:00	(Rental)			(Rental)			
6:15							
6:30	AAUU						
6:45	Basketball						
7:00	6:30-8:30pm						
7:15		Lady Blue Knights					
7:30		V-ball					
7:45		7:30pm-8:50pm					
8:00							
9:00	Monday-FRIDAY Close @ 9PM   SATURDAY Close @ 4PM   SUN @ 5PM						