

MARTENS GYM

FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

*Youth/Family Gym Time is for children (ages 9-12) and/or children and their parents $\!\!\!^\star$

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30AM 6:00 6:15			V attlaballa				C
6:15 6:30 7:00			Kettlebells 6:30-7am				
7:30 7:45			5150 7 dill				L
8:00 8:15				67 6			O
8:30 8:45 9:00		Silver Sneakers CLASSIC 8:45-9:30AM		Silver Sneakers CLASSIC 8:45-9:30AM			S
9:15 9:30		Silver Sneakers Chair Yoga	Dance Fit	Silver Sneakers Chair Yoga		YOUTH &	
9:45 10:00		9:20am-10am	9:20-9:50am	9:20am-10am		FAMILY	E
10:15 10:30 11:00 11:30	PRESCHOOL 10:30-11:30am	PRESCHOOL 10:30-11:30am	PRESCHOOL 10:30-11:30am	PRESCHOOL 10:30-11:30am	PRESCHOOL 10:30-11:30am	6AM-4PM	D
11:45 12:00 12:15		\cap	DENI				
12:30 12:45			PEN				
1:00 1:15		\Box	YM				
1:30 1:45 2:00		U	IIVI				YOUTH
2:15 2:30	±À∳à	<u>د المراجعة المراجعة</u>	񏏆	: Å Å à	:ÀÀ:		& FAMILY
2:45 3:00 3:15	PRESCHOOL 2:30-3:30PM	PRESCHOOL 2:30-3:30PM	PRESCHOOL 2:30-3:30PM	PRESCHOOL 2:30-3:30PM	PRESCHOOL 2:30-3:30PM		6AM-4PM
3:30 3:45 4:00	YOUTH &	YOUTH &	YOUTH &	YOUTH &	YOUTH &		
4:15 4:30	FAMILY	FAMILY	FAMILY	FAMILY	FAMILY	С	
4:45 5:00	3:30-5:30PM	3:30-5:30PM	3:30-5:30PM	3:30-5:30PM	3:30-5:30PM	L	
5:15 5:30 5:45		YMCA		YMCA		0	
6:00 6:15		FIT 5:45-6:30		FIT 5:45-6:30		S	
6:30 6:45				SOCIL			
7:00 7:15	KARATE		KARATE	SPORTS		Е	
7:30 8:00 9:00	7PM-8PM		7PM-8PM	6:45pm-8		D	
5.00	**SCF	HEDULE SUBJECT T	O CHANGE WITH	OUT NOTICE** Mo	nday - Friday d	losed @8:45P	 M