the		FULTON GYM			FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY		
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 5:15 5:30		BODY PUMP		BODY PUMP	HIIT 5:30-6AM		C
6:00 6:30 7:00 7:45		5:30-6:15AM		5:30-6:15AM	OPEN GYM	OPEN	L
8:00 8:15 8:30 8:45	CORE & STRETCH	STRETCH FOR FLEX 8-8:45 AM	CORE & STRETCH	STRETCH FOR FLEX 8-8:45 AM	6AM - 9AM	GYM 6-8:45AM	Ο
9:00 9:15 9:30 9:45	8:30-9:15 SS Boom Muscle	BODY PUMP 9- 10AM	8:30-9:15 SS Boom Muscle	BODY PUMP 9- 10AM	INSTRUCTORS CHOICE	Pilates with Annie 9-10am	S
10:00 10:15 10:30 11:00	9:20-10AM Silver Sneakers Move 10:00-10:50am	Silver Sneakera CIRCUIT 10:15am-11am	9:20-10AM Silver Sneakers Move 10:00-10:50am	Silver Sneakera CIRCUIT 10:15am-11am	9:30-10:15AM	Silver Sneakers Move 10:00-10:50am	E
11:30 11:45 12:00	10.00 TO.30um	No Step. Step		No Step. Step		10.00 10.30dill	D
12:15 12:30 1:00 1:15 1:30 1:45	OPEN					OPEN GYM	OPENS @ 1:00 OPEN GYM
2:00 2:15 2:30 2:45						11 AM - 3:45 PM	FCBA Team
3:00 3:15 3:30 3:45 4:00 4:30 5:00	YOUTH & FAMILY 3PM-5PM						6:30-8:30pm OPEN GYM CLOSES @ 4:45PM
5:30 5:15 5:30 6:00 6:15	Lady Blue Knights 5-6:15pm	FCBA Team	FCBA Team	Lady Blue Knights 5-6:15pm	FCBA Team	L O S	
6:30 7:00 7:30 7:45 8:00	FCBA Team 6:30-8:30pm	5:30-7:30pm	5:30-7:30pm	FCBA Team 6:30-8:30pm	5:30-7:30pm	E D	
9:00	Monday-FF	RIDAY CLOSED @	98:45PM SATU	JRDAY CLOSED	@ 3:45PM SUN	@ 4:45PM	