

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							C
6:15 6:30 7:00			Kettlebells 6:30-7am				
7:30 7:45			0.00 7dm				L
8:00 8:15							0
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	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL	6AM-3:45PM	D
11:30 11:45	10:30-11:30am	10:30-11:30am	10:30-11:30am	10:30-11:30am	10:30-11:30am	OAIVI-3.43PIVI	
12:00 12:15		\cap	PEN				
12:30 12:45		U					
1:00 1:15 1:30		G	YM				FCBA Team
1:45 2:00		U	IIVI				1-2pm
2:15 2:30	:/\h-a	, // é-z	:/\da	.ňå.:	.idea		
2:45 3:00	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL		YOUTH &
3:15 3:30 3:45	2:30-3:30PM YOUTH	2:30-3:30PM YOUTH	2:30-3:30PM YOUTH	2:30-3:30PM YOUTH	2:30-3:30PM YOUTH		FAMILY 2:15-4:45PM
4:00 4:15	& FAMILY	& FAMILY	& FAMILY	& FAMILY	& FAMILY	С	Z. 15-4.45FIVI
4:30 4:45	3:30-5:30PM	3:30-5:30PM	3:30-4:45PM	3:30-5:30PM	3:30-5:30PM		
5:00 5:15			BASKETBALL			L	
5:30 5:45 6:00		YMCA FIT		YMCA FIT	codified Chilary	0	
6:00 6:15 6:30		5:45-6:30	FCBA Team 5-7pm	5:45-6:30	BASKETBAL	S	
6:45 7:00		BASKETBALL		SOCIL SPORTS	FCBA Team		
7:15 7:30	KARATE 7PM-8PM	FCBA Team	KARATE 7PM-8PM	6:45pm-8	5:30-8:30pm	Ε	
8:00 9:00		6:45-8:45pm				D	
	\$CF	HEDULE SUBJECT T	o change with	OUT NOTICE Mo	nday - Friday c	closed @8:45Pl	M