



# FULTON GYM

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00					HIIT 5:30-6AM		C L O S E D
5:15							
5:30		BODY PUMP		BODY PUMP			
6:00	HIIT	5:30-6:15AM	HIIT	5:30-6:15AM			
6:30	6:00 - 6:30AM		6:00 - 6:30AM		OPEN GYM 6AM - 9AM		
7:00							
7:45							
8:00		STRETCH FOR FLEX		STRETCH FOR FLEX			
8:15		8-8:45 AM		8-8:45 AM			
8:30	CORE & STRETCH 8:30- 9:15		CORE & STRETCH 8:30- 9:15				
8:45							
9:00	BODY PUMP	BODY PUMP	SS Boom Muscle	BODY PUMP	INSTRUCTORS CHOICE	OPEN GYM 6AM-3:45PM	
9:15	9-10AM	9-10AM	9:20-10AM	9-10AM	9:30-10:15AM		
9:30							
9:45	Silver Sneakers Move	Silver Sneakera CIRCUIT	Silver Sneakers Move	Silver Sneakera CIRCUIT			
10:00	10:00-10:50am	10:15am-11am	10:00-10:50am	10:15am-11am			
10:15							
10:30							
11:00							
11:30							
11:45							
12:00	OPEN GYM 11AM - 2:45PM						OPENS @ 1:00
12:15							
12:30							
1:00							
1:15							
1:30							
1:45							
2:00							
2:15							
2:30							
2:45							
3:00	YOUTH & FAMILY 3PM-5PM						
3:15							
3:30							
3:45							
4:00						OPEN GYM CLOSES @ 4:45PM	
4:30							
5:00							
5:30	Lady Blue Knights		Lady Blue Knights	Lady Blue Knights		C L O S E D	
5:15	5-6:30pm		5-6:30pm	5-6:30pm			
5:30							
6:00							
6:15							
6:30	Wesson		Wesson				
7:00	Basketball		Basketball				
7:30	Rental		Rental				
7:45							
8:00	6:30-8:30pm		6:30-8:30pm				
9:00	Monday-FRIDAY CLOSED @ 8:45PM   SATURDAY CLOSED @ 3:45PM   SUN @ 4:45PM						