

STRATFORD RICHARDSON YMCA | APRIL GYM SCHEDULE

MONDAY			
TIME	COURT 1	TIME	COURT 2
5:00 AM – 9:50 AM	Open Gym	5:00 AM – 9:50 AM	Open Gym
10:00 AM - 10:45 AM	Cardio Strength	10:00 AM - 11:00 AM	Open Gym
11:00 AM - 11:45 AM	Chair Fitness	11:00 AM -12:00 PM	Open Gym
12:00 PM – 6:00 PM	Open Gym	12:00PM – 6:00 PM	Open Gym
6:15 PM – 7:00 PM	Mixxed Fit	6:00 PM – 7:00 PM	Open Gym
7:00 PM – 7:45 PM	Xtreme Hip Hop	7:00 PM- 8:00 PM	Open Gym
8:00 PM – 9:00 PM	Open Gym	8:00 PM – 9:00 PM	Open Gym

TUESDAY			
TIME	COURT 1	TIME	COURT 2
5:00 AM – 9:50 AM	Open Gym	5:00 AM – 9:50 AM	Open Gym
10:00 AM - 10:45 AM	Cardio Strength	10:00 AM – 11:00 AM	Open Gym
10:50 AM -11:50 AM	Open Gym	11:00 AM – 12:00 PM	Open Gym
12:00 PM – 12:45 PM	Line Dance	12:00 PM – 1:00 PM	Open Gym
1:00 PM – 5:50PM	Open Gym	1:00 PM – 5:50 PM	Open Gym
6:00 PM – 7:00PM	Line Dance	6:00 PM – 7:00 PM	Open Gym
7:00 PM – 9:00 PM	HOOP CLUB	7:00 PM – 9:00 PM	Open Gym

WEDNESDAY			
TIME	COURT 1	TIME	COURT 2
5:00 AM – 10:50 AM	Open Gym	5:00 AM – 10:50 AM	Open Gym
11:00 AM - 11:45 AM	Chair Fitness	11:00 AM - 11:45 AM	Open Gym
12:00 PM -3:00 PM	Open Gym	12:00 PM -3:00 PM	Open Gym
3:00 PM – 5:50 PM	Open Gym	3:00 PM – 6:00 PM	Open Gym
6:00 PM - 7:00 PM	Cardio Dance	6:00 PM – 7:00 PM	Open Gym
7:15 PM- 9:00 PM	Open Gym	7:00 PM – 9:00 PM	Open Gym

THURSDAY			
TIME	COURT 1	TIME	COURT 2
5:00 AM – 9:50 AM	Open Gym	5:00 AM – 10:00 AM	Open Gym
10:00 AM – 10:45 AM	Total Strength	10:00 AM – 11:00 AM	Open Gym
11:00 AM – 11:45 AM	Kickboxing	11:00 AM – 12:00 PM	Open Gym
12:00 PM – 5:30PM	Open Gym	12:00 PM – 5:30 PM	Open Gym
6:00PM – 7:00 PM	HIIT	5:30 PM – 7:00 PM	Open Gym
7:00 PM – 8:00 PM	MixxedFit	7:00 PM – 9:00 PM	Open Gym
8:00 PM- 9:00 PM	Open Gym	8:00 PM- 9:00 PM	Open Gym

FRIDAY			
TIME	COURT 1	TIME	COURT 2
5:00 AM – 9:50 AM	Open Gym	5:00 AM – 12:00 PM	Open Gym
10:00 AM- 10:45 AM	Cardio Strength	12:00 PM- 4:00 PM	Open Gym
11:00 AM- 8:00 PM	Open Gym	4:00 PM- 8:00 PM	Open Gym

SATURDAY			
TIME	COURT 1	TIME	COURT 2
7:00 AM – 10:15 AM	Open Gym	7:00 AM – 10:15 AM	Open Gym
10:30 AM – 11:15 AM	MixxedFit	10:35 AM – 11:15 AM	Open Gym
11:30 AM- 5:00 PM	Open Gym	11:30 AM- 5:00 PM	Open Gym

SUNDAY			
TIME	COURT 1	TIME	COURT 2
12:00 PM – 1:00 PM	Open Gym	12:00 PM – 1:00 PM	Open Gym
1:00 PM – 2:00 PM	Line Dance	1:00 PM – 2:00 PM	Open Gym
2:00 PM- 3:00 PM	MixxedFit	2:00 PM- 3:00 PM	Open Gym
3:00 PM- 5:00 PM	Open Gym	3:00 PM- 5:00 PM	Open Gym