

UPTOWN GYM SCHEDULE

Last updated: 5/25/23

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM				SilverSneakers Cardio 9:30 - 10:15 am		Pumped! 9:15 - 10:15 am	
10:30 AM							
11:00 AM						INSANITY 10:30 - 11:30 pm	
11:30 AM							
12:00 PM							Pumped! Express 11:15 - 12:00 pm
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM	Pumped! 6:00 - 7:00 pm		Otters 5:30 - 6:30 pm				
6:30 PM							
7:00 PM							
7:30 PM		Basketball Rental 7:00 - 9:00 pm	Pick-up Basketball 7:00 - 9:00 pm				
8:00 PM							
8:30 PM							
9:00 PM							

- Group Fitness class
- Small Group Training class
- Programmed gym time
- Open gym time
- Pick-up Basketball

The gym schedule is subject to change based on gym rentals and special events.

