



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

MANITOWOC-TWO RIVERS Y

Revised 9/4/2018

PREVEA Gym 1

Schedule

Fall 2018

Monday, June 4
 Schedule begins Sept 4.
 and subject to change

Some activities are
 often scheduled in this
 area at the same time.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8-9:30 am Pickle Ball		8-9:30 am Pickle Ball		8-9:30 am Pickle Ball		
	9:30-11 am Childcare	9:30-11am Childcare	9:30-11am Childcare	9:30-11am Childcare	9:30-11am Childcare		
			12-1:30 pm Pickle Ball		12-1:30 pm Pickle Ball		
	1:30-3 pm Pickle Ball for Beginners Class	1:00-2:00 pm Pickle Ball					
	4:30-5:15 pm Kinder sports						
	5:15-6:30 pm Speed Agility Training (Half gym)		4:30-6:00 pm Flag Football (if rains)				
	6-7:30 pm Pickle Ball for Beginners Class (Half gym)	6:00-7:30 pm Pickleball League (Half gym)					
					4-9 pm TEEN Zone		

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Manitowoc-Two Rivers Y

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GYM SCHEDULE (CONTINUED)

MANITOWOC-TWO RIVERS Y

Revised 9/4/2018

Gym 2 Schedule

Fall 2018

Monday, June 4

Schedule begins Sept 4.
and subject to change

Some activities are
often scheduled in this
area at the same time.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:00-7:00am Pick-up Basketball	5:15-6:05 R.I.P.P.E.D.	5:00-7:00am Pick-up Basketball	5:15-6:15am RUMBLE	5:00-7:00am Pick-up Basketball		
	7:00-8:00 am Open	6:30-8:15am Open	7:00-8:00am Open	6:30-8am Open	7:00-8:00am Open	6:00-9am Pick-up Basketball	
	8:00 - 8:50am R.I.P.P.E.D.	8:15-8:50am Flex & Flow	8:00-8:50am R.I.P.P.E.D.	8:15-8:50am Flex & Flow	8:30-9:30am TGIF Fitness	9:00-1:30 Open	9:00am-1:30pm Open
	9:00-9:45am Body Sculpt	9:00-9:45am Dance Fitness	9:00-9:30am Kettlebell	9:00-9:45am Cardio Kickboxing			
	10:00-10:30am Pilates		9:35-10:05am PiYo	10:00-11:30am Open	9:30-11:30am OPEN		
	10:30-5:00pm Open	10:05-11:30am Open	10:05-10:35am Pilates	11:30-1:30pm NOON Hoops Pick-up Basketball			
		11:30-1:30pm NOON Hoops Pick-up Basketball	10:35-6:20pm Open	1:30-4:45 pm Open			
		1:30-5:00pm Open			1:30-9:00pm Open (Adults & Families)		
		5:15-6:15pm Rumble		5:00-6:15am R.I.P.P.E.D.			
	5:30-6:15pm POUND	6:20-9:00pm Open		6:15-7:00pm Zumba	6:00-9:00pm Open (Adults & Families)		
	6:25-9:00pm Adult Hoops		6:30-7:15pm Zumba Toning	7:05-9:00pm Open			
			7:20-9:00pm				

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