



FOR YOUTH DEVELOPMENT®  
**FOR HEALTHY LIVING**  
 FOR SOCIAL RESPONSIBILITY

# GYM SCHEDULE

## MANITOWOC-TWO RIVERS Y

Revised 9/5/2017  
**Gym 1 Schedule**  
**Fall 1 2017**

**Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday**

Schedule Begins  
 Tuesday, 9/5/17  
 and is subject to change

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						<b>9-11:30 am</b>	
	<b>7-9 am</b> Pickle Ball		<b>7-9 am</b> Pickle Ball		<b>7-9 am</b> Pickle Ball		
	<b>9:30-11 am</b> Childcare	<b>9:30-11am</b> Childcare	<b>9:30-11am</b> Childcare	<b>9:30-11am</b> Childcare	<b>9:30-11am</b> Childcare	<b>11 am- 4pm</b> B-Day Party ½ Gym	<b>11 am- 4pm</b> B-Day Party ½ Gym
	<b>12-1:30 pm</b> Pickelball	<b>10:00-11:30 am</b> Pickle Ball For Beginners	<b>12-1:30 pm</b> Pickle Ball		<b>12-1:30 pm</b> Pickle Ball		
		<b>4:30-6:00 pm</b> (Only rain days) Soccer	<b>4:00-6:00 pm</b> (Only rain days) Flag Football		<b>4-9 pm</b> TEEN Zone		
	<b>4:30-5:15 pm</b> Kindersports					<b>6-8 pm</b> Family Night	

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# GYM SCHEDULE (CONTINUED)

## MANITOWOC-TWO RIVERS Y

Revised 9/5/2017  
**Gym 2 Schedule  
 Fall 1 2017**

Schedule Begins  
 Tuesday, 9/5/17,  
 and is subject to  
 change

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

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