



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

MANITOWOC-TWO RIVERS Y

Revised 11/9/2018
PREVEA Gym 1
Schedule
Fall 2 2018

Schedule subject to change.

Multiple 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 | | 9:00-5:00p Open |
| | 9:30-11 am Childcare | 9:30-11am Childcare | 9:30-11am Childcare | 9:30-11am Childcare | 9:30-11am Childcare | 9:00-11am Basketball | |
| | | | 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) | 5:30-6:15 pm Sports Sampler (half gym) | 4:30-5:15 pm Rookie Basketbal | 3:30-5:30 pm Bball lessons (half gym) | 4-9 pm TEEN Zone | | |
| | 6-7:30 pm Pickle Ball for Beginners Class (Half gym) | 6:15-7:45 pm Pickleball League (Half gym) | 5:15-6:00 pm Intermediate Basketball | | | | |

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE (CONTINUED)

MANITOWOC-TWO RIVERS Y

Revised 11/9/2018
Gym 2 Schedule
Fall 2 2018

Schedule subject to change.

Multiple 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 | 9:00-9:45am Kettlebell | 9:00-9:45am Cardio Kickboxing | | | |
| | 10:00-10:30am Pilates | 10:00-10:30am Family Fitness | 10:00-10:30am Pilates | 10:00-11:30am Open | 9:30-11:30am OPEN | | |
| | 10:30-5:00pm Open | 10:30-11:30am Open | 10:35-4:15pm Open | | | | |
| | | 11:30-1:30pm NOON Hoops Pick-up Basketball | | 11:30-1:30pm NOON Hoops Pick-up Basketball | | | |
| | | 1:30-5:00pm Open | 4:30-5:15 Rookie Basketball | 1:30-4:45 pm Open | 1:30-9:00pm Open (Adults & Families) | | |
| | | 5:15-6:15pm Rumble | 5:15-9:00pm Open | 5:00-6:15am R.I.P.P.E.D. | | | |
| | 5:30-6:15pm POUND | | | | | | |
| | 6:25-9:00pm Adult Hoops | 6:20-9:00pm Open | | 6:15-9:00pm Open | 6:00-9:00pm Open (Adults & Families) | | |