



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

MANITOWOC-TWO RIVERS Y

Revised 4/16/2018

Gym 1 Schedule Spring 2018

Monday, April 16
 Schedule Begins
 and is subject to change

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7-9 am Pickle Ball			7-9 am Pickle Ball		7-9 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		12-1:30 pm Pickle Ball		
1:30-3 pm Pickle Ball for Beginners Class							
					4-9 pm TEEN Zone		
4:30-5:15 pm Kinder sports		4:30-6:45 pm Flag Football		4:30-5:30 pm Dodgeball			
5:15-6:30 pm Speed Agility Training (Half gym)			5:15-6:30 pm Speed Agility Training (Half gym)				
6-7:30 pm Pickle Ball for Beginners Class (Half gym)							

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Manitowoc-Two Rivers Y

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GYM SCHEDULE (CONTINUED)

MANITOWOC-TWO RIVERS Y

Revised 4/17/2018
**Gym 2 Schedule
 Spring 2018**

Schedule Begins
 Monday, April 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
	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 R.I.P.P.E.D.	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		
	9:00-9:45am Body Sculpt	9:00-9:30am Zumba	9:00-9:30am Kettlebell AMPD	9:00-9:30am Kickboxing			9:00am- 5:00pm Open
	10:00-10:30am Pilates		10:00-10:30am Pilates	9:35-10:05am PiYo	9:30-11:30am OPEN		
	10:30-5:00pm Open	10:05-11:30am Open	10:30-9:45pm Open	10:05-11:30am Open			
		11:30-1:30pm NOON Hoops Pick-up Basketball		11:30-1:30pm NOON Hoops Pick-up Basketball			
		1:30-4:15pm Open		1:30-4:45 pm Open	1:30-4:30pm Open		
		4:30-5:00pm Kettlebell AMPD			4:30-6:00pm Floor Hockey		
	5:15-6:05pm Zumba	5:15-6:15pm Rumble		5:00-6:15am R.I.P.P.E.D.			
	6:10-6:40pm PiYo	6:20-9:45pm Open		6:15-7:00pm Zumba	6:00-9:00pm Open (Adults & Families)		
	6:45-9:45pm Adult Hoops			7:05-9:45pm Open			