



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

PREVEA GYM 1 SCHEDULE

MANITOWOC-TWO RIVERS Y

Revised 4/2/2019
 PREVEA Gym 1
 Schedule
 Winter 2019

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 Open		8-9:30 am Open		8-9:30 am Open		
						9:00-11am Basketball	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		
				11:00-11:30 Toddler Time		11:00-11:45 Tball	
			12-1:30 pm Open				
	1:30-3 pm Open	1:00-2:00 pm Open			11:15-3:45 pm Open	12:00-12:45 Youth Soccer	
		4:30-5:15 pm Sports Sampler (half gym)	4:30-5:15 pm Rookie Basketball	4:30-5:15 Girls volleyball			
	5:15-6:00 pm Kinder sports		5:15-6:00 pm Intermediate Basketball		4-9 pm TEEN Zone		
	6:15-7:15 pm Speed Agility Training	6:00-6:45pm Flag football	6:00-6:45 Dodgeball				



FOR YOUTH DEVELOPMENT®
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GYM 2 SCHEDULE

MANITOWOC-TWO RIVERS Y

Revised 4/2/2019
Gym 2 Schedule
Winter 2019

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		
	7:00-7:45 am Open	6:30-8:45am Open	7:00-7:45am Open	6:30-8am Open	7:00-8:15am Open	6:00-9am Pick-up Basketball	
	8:00 - 8:50am R.I.P.P.E.D.		8:00-8:50am R.I.P.P.E.D.	8:15-8:50am Flex & Flow	8:30-9:30am TGIF Fitness	9:15am-9pm Open	9:00am-5pm Open
	9:00-9:45am Body Sculpt	9:00-9:45am Dance Fitness	9:00-9:45am Kettlebell AMPD	9:00-9:45am Cardio Kickboxing			
	10:00-10:30am Pilates/Core	10:00-11:30am Open	10:00-10:30am Pilates/Core	10:00-11:30am Open	9:45-11:30am OPEN		
	10:45-4:15pm Open		10:45-9:00pm Open				
		11:30-1:30pm NOON Hoops Pick-up Basketball		11:30-1:30pm NOON Hoops Pick-up Basketball			
		1:30-5:00pm Open		1:30-5:00 pm Open	1:30-9:00pm Open (Adults & Families)		
	4:30-5:15pm Kettlebell AMPD	5:15-6:15pm Rumble		5:15-6:15pm R.I.P.P.E.D.			
	5:30-6:15pm Open			6:15- 7:00pm ZUMBA	6:00-9:00pm Open (Adults & Families)		
	6:30-9:00pm Pick-up Basketball	6:30-9:00pm Open		7:30-9:45pm Co-Ed Adult Basketball (18+)			