



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

MANITOWOC-TWO RIVERS Y

Revised 2/26/2018

Gym 1 Schedule

Winter 2 2018

Monday, March 5
 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	9:00-10:00 am Youth Basketball Games	
12-1:30 pm Pickelball		10:00-11:30 am Pickle Ball For Beginners	12-1:30 pm Pickle Ball		12-1:30 pm Pickle Ball		
4:30-5:15 pm Kinder sports			4:30-5:15 Youth basketball practice		4-9 pm TEEN Zone	6-8 pm Family Night	

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Manitowoc-Two Rivers Y

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GYM SCHEDULE (CONTINUED)

MANITOWOC-TWO RIVERS Y

Revised 1/8/2018
 Gym 2 Schedule
 Winter 2 2018

Schedule Begins
 Monday, January 1
 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	8:45-10am Youth Basketball	
	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	10:30-6:00pm Open	10:05-11:30am Open			
		11:30-1:30pm NOON Hoops Pick-up Basketball		11:30-1:30pm NOON Hoops Pick-up Basketball		1:30-4:30pm Open	
		1:30-4:15pm Open		1:30-4:45 pm Open		4:30-6:00pm Floor Hockey	
		4:30-5:00pm Kettlebell AMPD				6:00-9:00pm Open (Adults & Families)	
	5:15-6:05pm Zumba	5:15-6:15pm Rumble		6:15-7:00pm Zumba			
	6:10-6:40pm PiYo	6:20-9:45pm Open	6:15-7pm Zumba Toning				
	6:45-9:45pm Adult Hoops		7:15-9:45pm Open	7:05-9:45pm Open			