



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

MANITOWOC-TWO RIVERS Y

Revised 5/31/2018

Gym 1 Schedule

Summer 2018

Monday, June 4

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
8-9:30 am Pickle Ball			8-9:30 am Pickle Ball		8-9:30 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		4:30-5:30 pm Soccer		4:30-5:30 pm T-Ball			
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 5/31/2018

Gym 2 Schedule Summer 2018

Monday, June 4
 Schedule begins
 and is subject to
 change

	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	9:00-1:30 Open	9:00am- 1:30pm Open
	9:00-9:45am Body Sculpt	9:00-9:45am Cardio Kickboxing	9:00-9:45am Dance Fitness	9:00-9:30am Kettlebell AMPD			
	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	10:30-9:00pm Open	10:05-11:30am Open			
		11:30-1:30pm NOON Hoops Pick-up Basketball		11:30-1:30pm NOON Hoops Pick-up Basketball			
		1:30-4:15pm Open		1:30-4:45 pm Open		1:30-9:00pm Open (Adults & Families)	
		4:30-5:00pm Kettlebell AMPD/POUND		5:00-6:15am R.I.P.P.E.D.			
	5:15-6:05pm Dance Fitness	5:15-6:15pm Rumble				6:00-9:00pm Open (Adults & Families)	
	6:10-6:40pm PiYo	6:20-9:00pm Open		6:15-7:00pm Zumba			
	6:45-9:00pm Adult Hoops			7:05-9:00pm Open			

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