

NASA GYM SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 7:00 A		Boot Camp 6:15am - 7:00am	Yoga 6:15am - 7:15am	Boot Camp 6:15am - 7:00am			
7:00 - 8:00 A		Basketball Open Play Year round from 7 am- 8:45	Yoga 6:15am - 7:15am	Basketball Open Play Year round from 7 am- 8:45			
8:00 - 9:00 A		Basketball Open Play Year round from 7 am- 8:45		Basketball Open Play Year round from 7 am- 8:45		Basketball Jan-March	
9:00 - 10:00A			Summer Camp Mid June to August 930-1030		Summer Camp Mid June to August 930-1030	Winter Basketball Jan-March	Volleyball Year round
10:00 - 11:00A			Summer Camp Mid June to August 930-1030		Summer Camp Mid June to August 930-1030	Winter Basketball Jan-March	Volleyball Year round
11:00 - 12:00P	Yoga Class 11:15 - 12:15	Indoor Soccer 11:30-12:45	Exercise 11:15-12:15 Boot Camp	Yoga Class 11:00-11:45	Exercise 11:15-12:15 Boot Camp	Winter Basketball Jan-March	Volleyball Year round
12:00 - 1:00P	Lunch Basketball Year round	Indoor Soccer Club 11:30-12:45	Lunch Basketball Year round	Indoor Soccer Club 11:50-1:00	Lunch Basketball Year round	Winter Soccer January - March 12:15-2:15	
1:00 - 2:00P	Lunch Basketball Year round		Lunch Basketball Year round	Summer Camp June-August	Lunch Basketball Year round	Winter Soccer January - March	
2:00 - 3:00P	Summer Camp June-August						
3:00 - 4:00P							
4:00 - 5:00P	Karate Club/Tai Chi	Yoga	Karate Club	Tai Chi	Karate Club Jujutsu 4-5:30		
5:00 - 6:00P	Karate Club	Aerobic Club ZUMBA	Karate Club	Aerobic Club Step/Barbell	Basketball-Volleyball Soccer coordinates use		
6:00 - 7:00P	**Karate Club	Fall Volleyball Mid August - first week Nov. Spring Volleyball first Tuesday after Mar DLST -Mid June Winter Indoor Soccer 2nd Tuesday in November -Day Light saving time 6:15-8:30 Summer Basketball June- Mid August	**Karate Club	Fall Volleyball Mid August -Mid Nov. Spring Volleyball Mid Mar-Mid June Winter Basketball Jan-March Summer Basketball June- Mid August	Summer Basketball Mid June to Mid August Soccer open Play 6:00 PM October to 2nd week in November & March first date after DLST to April 30 Volleyball Open when Soccer in fall winter spring		
7:00 - 8:00P	Fall Volleyball Mid august - mid Nov. Winter VB Mid March-Mid June Basketball Jan-March Summer Basketball June-Mid August	Fall V-ball Mid August - first week in Nov. - Spring Volleyball first Tuesday after Mar DLST -Mid June Winter Indoor Soccer 2nd Tuesday in November - March day light saving time Summer Basketball June-Mid August	Fall Volleyball Mid august - mid Nov. Winter VB Mid March-Mid June	Fall Volleyball Mid August -Mid Nov. Spring Volleyball Mid Mar-Mid June Winter Basketball Jan-March Summer Basketball June- Mid August	Soccer open Play 6:00 PM October to 2 week in November & March first date after DLST to April 30 Volleyball Open when Soccer in fall winter spring		
8:00 - 9:00P	Fall Volleyball Mid august - mid Nov. Winter VB Mid March-Mid June Basketball Jan-March Summer Basketball June-Mid August	Fall Volleyball Mid August - first week Nov. Spring Volleyball first Tuesday after March DLST-Mid June Winter Indoor Soccer 2nd week in November -March DLST Summer Basketball June- Mid August	Fall Volleyball Mid august - mid Nov. Winter VB Mid March-Mid June Basketball Jan-March	Fall Volleyball Mid August -Mid Nov. Spring Volleyball Mid Mar-Mid June Winter Basketball Jan-March Summer Basketball June- Mid August	Soccer open Play 6:00 PM October to 2 week in November & March first date after DLST to April 30 Volleyball Open when Soccer in fall winter spring		

DLST= Day light savings time change

Volleyball and Basketball schedulers need to closely coordinate start and finish of season in March-June and August

to avoid conflicts.

Contact Randy Cone 864-9135 for gym reservations.