

## NASA GYM SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 7:00 AM		Boot Camp 6:15 - 7:00		Boot Camp 6:15 - 7:00			
7:00 - 8:00 AM		Basketball Open Play Year round from 7:00 - 8:45		Basketball Open Play Year round from 7:00 - 8:45	Exercise 7:00 - 7:45 Yoga		
8:00 - 9:00 AM							Winter Basketball Jan-March
9:00 - 10:00 AM							
10:00 - 11:00 AM							
11:00 AM- 12:00 PM	Yoga Class 11:15 - 12:15	Exercise 11:15 - 12:00 Boot Camp	Yoga Class 11:15 - 12:15	Exercise 11:15 - 12:00 Boot Camp			
12:00 - 1:00 PM	Lunch Basketball Year Round	Indoor Soccer 11:30 - 12:45	Lunch Basketball Year Round	Indoor Soccer 11:50 - 1:00	Lunch Basketball Year Round	Winter Soccer January - March 12:15-2:15	
1:00 - 2:00 PM							
2:00 - 3:00 PM							
3:00 - 4:00 PM							
4:00 - 5:00 PM	Karate Club/Tai Chi	Yoga	Karate Club	Tai Chi	Karate Club Jujutsu 4-5:30		
5:00 - 6:00 PM	Karate Club	Aerobic Club ZUMBA	Karate Club	Aerobic Club Step/Barbell	Basketball-Volleyball Soccer coordinates use		
6:00 - 7:00 PM	**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 - 8:00 PM	Fall Volleyball Mid august - mid Nov. Winter VB Mid March-Mid June Basketball Jan-March Summer Basketball June- Mid August		Fall Volleyball Mid august - mid Nov. Winter VB Mid March-Mid June		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 - 9:00 PM			Fall Volleyball Mid august - mid Nov. Winter VB Mid March-Mid June Basketball Jan-March				

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