

# NORTH GYM ROOM SCHEDULE

DUNELAND FAMILY YMCA **WEEK OF SEPTEMBER 2<sup>ND</sup> - SEPTEMBER 8<sup>TH</sup>, 2019**

| 3Time                          | Monday                      | Tuesday | Wednesday                                     | Thursday | Friday                                    | Saturday | Sunday |
|--------------------------------|-----------------------------|---------|---|----------|---|----------|--------|
| 5:00 AM                        | <b>CLOSED<br/>LABOR DAY</b> |         |   |          |   |          |        |
| 6:00 AM                        |                             |         |   |          |   |          |        |
| 7:00 AM                        |                             |         |   |          |   |          |        |
| 8:00 AM                        |                             |         | <b>8:15-9:15<br/>Tabata<br/>Ashley</b>        |          | <b>8:15-9:15<br/>Bootcamp<br/>Liz</b>     |          |        |
| 9:00 AM                        |                             |         |   |          |   |          |        |
| 10:00 AM                       |                             |         | <b>10:00-11:00<br/>Line Dancing<br/>Vicky</b> |          |   |          |        |
| 11:00 AM                       |                             |         |   |          |   |          |        |
| 12:00 PM                       |                             |         |   |          |   |          |        |
| 1:00 PM                        |                             |         |   |          |   |          |        |
| 2:00 PM                        |                             |         |   |          |   |          |        |
| 3:00 PM                        |                             |         |   |          | <b>Gym Closed<br/>Party<br/>3:00-6:00</b> |          |        |
| 4:00 PM                        |                             |         |   |          |   |          |        |
| 5:00 PM                        |                             |         |   |          |   |          |        |
| 6:00 PM                        |                             |         |   |          |   |          |        |
| 7:00 PM                        |                             |         |   |          |   |          |        |
| 8:00 PM                        |                             |         |   |          |   |          |        |
| 9:00 PM<br>Y Closes<br>at 9 pm |                             |         |   |          |   |          |        |