


SEILER FAMILY GYM JUNE 2022 SCHEDULE

GOLDMAN SPORTS & WELLNESS COMPLEX

	MONDAY 6/20		TUESDAY 6/21		WEDNESDAY 6/22		THURSDAY 6/23		FRIDAY 6/24		SATURDAY 6/25		SUNDAY 6/26	
Time	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2
5:00 AM														
6:00 AM	OPEN GYM 6:00 AM to 9:15AM		OPEN GYM 6:00 AM to 9:15AM		OPEN GYM 6:00AM to 9:15		OPEN GYM 6:00AM to 9:15AM		OPEN GYM 6:00AM to 9:15AM					
7:00 AM											OPEN GYM 7:00AM to 9:45AM		OPEN GYM 7:00AM to 9:00AM	
8:00 AM														
9:00 AM													Pick-up Basketball 9:00AM to 11:00AM	
10:00 AM	Zumba 9:30AM to 10:25AM		Hatha Yoga 9:30AM to 10:25AM		Zumba 9:30AM to 10:25AM		Hatha Yoga: 9:30AM to 10:25AM		Zumba 9:30AM to 10:25AM		Vitamin (D)ance 10:00AM to 11:10AM			
11:00 AM	OPEN GYM 10:45AM to 8:00PM		OPEN GYM 10:45AM to 8:00PM		J-CAMP 11:15AM to 2:30PM	PICKLEBALL & TABLE TENNIS 10:30AM to 1:00PM	OPEN GYM 10:45AM to 8:00PM		OPEN GYM 10:30AM to 6:30PM		OPEN GYM 11:15AM to 5:00PM		OPEN GYM 11:00AM to 5:00PM	
12:00 PM												PICKLEBALL & TABLE TENNIS 12:00PM to 2:00PM		
1:00 PM														
2:00 PM														
3:00 PM														
4:00 PM														
5:00 PM										PICKLEBALL & TABLE TENNIS 4:30PM to 6:30PM				
6:00 PM			Zumba 5:45PM to 6:40PM		Pick-up Basketball 6:00PM to 8:00PM		Zumba 5:45PM to 6:40PM							
7:00 PM			TEACH 1 BASKETBALL 6:45PM to 8:15PM				TEACH 1 BASKETBALL 6:45PM to 8:15PM							
8:00 PM														
9:00 PM														
10:00 PM														

Schedule subject to change