

# N4Cs Open Gym Schedule

Updated 4/19/2018

570-925-0163

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 am							
7 am							
8 :30 am		Open Gym 6am-10am Whole Gym	Open Gym 6am-11am Whole Gym	Open Gym 6am-10am Whole Gym		Open Gym 6am-10am Whole Gym	Girls Basketball 8am-10am
9 :30 am							Boys Basketball 10am-12pm
10 :30 am		Sit N' Fit 10am-10:30am Whole Gym		Sit N' Fit 10am-10:30am Whole Gym		Sit N' Fit 10am-10:30am Whole Gym	
11 :30 am			55 & over Pickle ball 11am-12:30pm Whole Gym		Open Gym 6am-3:00pm Whole Gym	55 & over Pickle ball 11am-12:30pm Whole Gym	
12 :30 pm		Open Gym 10:30am-5:30pm Whole Gym		Open Gym 10:30am-5pm Whole Gym			
1 :30 pm	Open Gym 12pm-4pm Whole Gym		Open Gym 12:30pm-3:45pm Whole Gym			Open gym 12:30-3:30	
2 :30 pm							
3 :30 pm					Boys Basketball 3:15pm-5:15pm Whole Gym		
4 :30 pm			Girls Basketball 3:45pm-5:45pm Whole Gym			Boys Basketball 3:30-5:30pm Whole Gym	
5 :30 pm		Zumba 5:30pm-6:30pm 1/2 Gym		Level 1 Tumbling 5-6pm			
6 :30 pm			Country Heat 6:00-7:00pm	Level 2 Tumbling 6-7:30pm 1/2 gym	P90X 6-7PM	Girls Baketball 5:30-7:30pm Whole Gym	
7 :30 pm					1/2 gym		
8 :30 pm		Adult Pickleball 7pm-9pm Whole Gym	Adult Volleyball 7:00-9:00PM 1/2 Gym	Pickle ball 7:30pm-9pm	Girls Basketball 7-8:45pm Whole Gym		

Availability is subject to chage

\*Green: 1/2 gym is open

\*White:whole gym is open

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