

HEDINGHAM GROUP ATHLETIC CLASS							
	Monday	Tuesday	Wednesday	Thursday	Friday		
6:00-8:00 AM	OPEN GYM**	OPEN GYM**	OPEN GYM**	OPEN GYM**	OPEN GYM**		
8:00-9:00AM	GET FIT	TOTAL STRENGTH	WATER AEROBICS (GT POOL)	TOTAL STRENGTH	OPEN GYM**	<b>Athletic Club Hours</b>	
9:00-10:00AM	OPEN GYM**	OPEN GYM**	OPEN GYM**	OPEN GYM**	OPEN GYM**	<b>MON.-THUR. 6:00AM-9PM</b>	
10:00-11:00AM	OPEN GYM**	OPEN GYM**	OPEN GYM**	OPEN GYM**	OPEN GYM**	<b>FRIDAY 6:00AM-8PM</b>	
4:30-7:00PM	OPEN GYM**	OPEN GYM**	OPEN GYM**	OPEN GYM**	OPEN GYM**	<b>SATURDAY 8AM-6PM</b>	
6:00-7:00PM	ADULT BASKETBALL	OPEN GYM**	OPEN GYM**	ROCK HARD*	OPEN GYM**	<b>SUNDAY 11AM-3PM</b>	
7:00-8:00PM	ZUMBA!*	YOGA*	OPEN GYM**	YOGA*	OPEN GYM**		
8:00-9:00PM	ADULT BASKETBALL**	7:00PM PICKLEBALL	OPEN GYM**	7:00PM PICKLEBALL**	OPEN GYM UNTIL 8PM		
<b>NOTES</b>							
** LOCATED IN GYMNASIUM							
*LOCATED IN AEROBICS ROOM							