



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

MANITOWOC-TWO RIVERS Y

Revised 12/14/2018
PREVEA Gym 1
Schedule
Winter 2019

Schedule subject to change.

Multiple activities are often scheduled in this area at the same time.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8-9:30 am Open		8-9:30 am Open		8-9:30 am Open		
	9:30-11 am Childcare	9:30-11am Childcare	9:30-11am Childcare	9:30-11am Childcare	9:30-11am Childcare	9:00-11am Rookie Basketball	9:00-5:00p Open
				11:00-11:30 Toddler Time			
	1:30-3 pm Open	1:00-2:00 pm Open	12-1:30 pm Open		12-1:30 pm Open	12:00-12:45 Youth Soccer	
	4:30-5:15 pm Kinder sports	4:30-5:15 pm Sports Sampler (half gym)	4:30-5:15 pm Rookie Basketball	4:30-5:15 Girls volleyball			
			5:15-6:00 pm Intermediate Basketball	5:30-6:15 Kindersports			
	6:00-6:45 pm Speed Agility Training (Half gym)	6:00-6:45pm Flag football	6:00-6:45 Dodgeball				
	6-7:30 pm Open						
					4-9 pm TEEN Zone		

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FOR YOUTH DEVELOPMENT®
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GYM SCHEDULE (CONTINUED)

MANITOWOC-TWO RIVERS Y

Revised 12/31/2018
Gym 2 Schedule
Winter 2019

Schedule subject to change.

Multiple activities are often scheduled in this area at the same time.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:00-7:00am Pick-up Basketball	5:15-6:05 R.I.P.P.E.D.	5:00-7:00am Pick-up Basketball	5:15-6:15am RUMBLE	5:00-7:00am Pick-up Basketball		
	7:00-8:00 am Open	6:30-8:45am Open	7:00-8:00am Open	6:30-8am Open	7:00-8:00am Open	6:00-9am Pick-up Basketball	
	8:00 - 8:50am R.I.P.P.E.D.		8:00-8:50am POUND	8:15-8:50am Flex & Flow	8:30-9:30am TGIF Fitness	9:00-1:30 Open	9:00am-1:30pm Open
	9:00-9:45am Body Sculpt	9:00-9:45am Dance Fitness	9:00-9:45am PiYo	9:00-9:45am Cardio Kickboxing			
	10:00-10:30am Pilates/Core	10:00-11:30am Open	10:00-10:30am Pilates/Core	10:00-11:30am Open	9:30-11:30am OPEN		
	10:30-4:20pm Open		10:35-4:15pm Open				
		11:30-1:30pm NOON Hoops Pick-up Basketball		11:30-1:30pm NOON Hoops Pick-up Basketball			
		1:30-5:00pm Open		1:30-5:00 pm Open	1:30-9:00pm Open (Adults & Families)		
	4:30-5:15pm Kettlebell AMPD		4:30-5:15 Rookie Basketball				
	5:20-6:25pm Open	5:15-6:15pm Rumble		5:15-6:15am R.I.P.P.E.D.			
	6:25-9:00pm Adult Hoops	6:20-9:00pm Open	5:15-9:00pm Open	6:15-9:00pm Open	6:00-9:00pm Open (Adults & Families)		