



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

MANITOWOC-TWO RIVERS Y

Revised 1/8/2018

Gym 1 Schedule

Winter 1 2018

Monday, January 1

Schedule Begins

and is subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CLOSED For Renovations	CLOSED For Renovations	CLOSED For Renovations	CLOSED For Renovations	CLOSED For Renovation	CLOSED For Renovations	CLOSED For Renovations

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

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Manitowoc-Two Rivers Y

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GYM SCHEDULE (CONTINUED)

MANITOWOC-TWO RIVERS Y

Revised 1/8/2018
Gym 2 Schedule
Winter 1 2018

Schedule Begins
 Monday, January 1
 and is subject to
 change

Some 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 R.I.P.P.E.D.	5:00-7:00am Pick-up Basketball		
	7:00-7:45 am Open	6:30-8:00am Open	7:00-7:45am Open	6:30-8am Open	7:00-8:00am Open	6:00-8am Pick-up Basketball	
	8:00 - 8:50am R.I.P.P.E.D.	8:15-8:50am Flex & Flow	8:00-8:50am R.I.P.P.E.D.	8:15-8:50am Flex & Flow	8:30-9:30am TGIF Fitness	8:45-10am Youth Basketball	
	9:00-9:45am Body Sculpt	9:00-9:30am Zumba	9:00-9:30am Kettlebell AMPD	9:00-9:30am Kickboxing			9:00am-5:00pm Open
	10:00-10:30am Pilates		10:00-10:30am Pilates	9:35-10:05am PiYo	9:45am-4:00pm OPEN		
	10:45am-12:00pm Open	10:05-11:30am Open	10:45am-12:00pm Open	10:20-11:30am Open		10:15am-1pm Open	
		11:30-1:30pm NOON Hoops Pick-up Basketball		11:30-1:30pm NOON Hoops Pick-up Basketball			1-3pm Jr. High Basketball
	12-1:30pm Pickelball	1:30-4:15pm Open	12-1:30pm Pickelball	1:30-4:45pm Open			3:15-8:45pm Open
	1:45-5pm Open	4:30-5:00pm Kettlebell AMPD	1:30-6pm Open		4:00-9:00pm Teen Zone		
	5:15-6:05pm Zumba	5:15-6:15pm Rumble		5:00-6:15am R.I.P.P.E.D.			
	6:10-6:40pm PiYo		6:15-7pm Zumba Toning	6:15-7:00pm Zumba			
		6:30-9:45pm Open					
	7:00-9:45pm Adult Hoops		7:15-9:45pm Open	7:15-9:45pm Open			
					9:00-9:45pm Open		