# Gymnasium Schedule

JIM DAILEY FITNESS & AQUATIC CENTER

Effective November 1, 2015

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|
| 5:30am-4:30pm **Basketball** | 5:30am-9:00am **Basketball** | 5:30am-4:30pm **Basketball** | 5:30am-9:00am **Basketball** | 5:30am-9:00pm **Basketball** | 7:00am-8:30 am **Basketball** | 1:00pm-3:00pm **Badminton** |
| 6:00am-7:00am **Step Aerobics** | 6:00am-7:00am **Cardio Sculpt** | 6:00am-7:00am **Step Aerobics** | 9:00am-10:00am **Zumba** | 6:00am-7:00am **Step Aerobics** | 7:00am-10:00am **Pickle-Ball** | 3:00pm-5:00pm **Basketball** |
| 9:00am-11:00am **Pickle-Ball** | 9:00am-10:00am **Zumba** | | 9:00am-11:00am **Pickle-Ball** | | 8:30am-9:30am **Body Conditioning** | |
| | 9:00am-11:00am **Pickle-Ball** | | 10:00am-4:30pm **Basketball** | | 10:00am-1:45 pm **Basketball** **Games** | |
| | 10:00am-4:30pm **Basketball** | | | (Activity Room) | 10:00am-12:00pm **Table Tennis** | |
| | 4:00pm-6:45pm **Pickle-Ball** | | 4:00pm-6:45pm **Pickle-Ball** | | 2:00pm-5:45pm **Children's Day** | |
| | 5:15pm-6:00pm **Total Fit** | 5:00pm-6:00pm **Bootcamp** | 5:15pm-6:00pm **Total Fit** | | | |
| 5:00pm-6:00pm **Bootcamp** | 6:00pm-7:00pm **Step & Weight/Combo** | 6:00pm-7:00pm **Zumba** | 6:00pm-7:00pm **UP YOUR SPORTS** | 5:00pm-7:00pm **Aikido** (Activity Room) | | |
| 6:00pm-7:00pm **Step Aerobics** | 6:00pm-8:30pm **Table Tennis** (Activity Room) | 7:00pm-8:30pm **Aikido** (Activity Room) | 6:00pm-8:30pm **Table Tennis** (Activity Room) | | | |
| 7:00pm-9:00pm **Basketball** **Games** | 7:00pm-9:00pm **Badminton** | 7:00pm-9:00pm **Basketball** **Games** | 7:00pm-9:00pm **Badminton** | 7:00pm-9:00pm **Basketball** **Games** | | |

Fit for Life Inc

LITTLE ROCK Parks & Recreation

Classes with more than 20 participants will be conducted in the gym. Schedule can be found online at www.lrpr.org or call us at 664-6976.