Gymnasium Schedule

JIM DAILEY FITNESS & AQUATIC CENTER

Effective December 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 & Table Tennis**
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** **<u>Games</u>**	
	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**		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-8:45pm **Volleyball**	7:00pm-9:00pm **Badminton**	7:00pm-9:00pm **Basketball** **<u>Games</u>**	7:00pm-9:00pm **Badminton**	7:00pm-9:00pm **Basketball** **<u>Games</u>**		

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.