



**metrofit**

# GYMNASIUM SCHEDULE

**MAY 27TH - AUGUST 30TH**

## **MONDAY**

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4-6p - Open Gym

## **TUESDAY**

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7-8p - Cardio Drumming

## **WEDNESDAY**

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10a-3:30p - Gym Reserved

4-6p - Open Gym

7-8p - Zumba

## **THURSDAY**

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10-11a - Cardio Drumming

4-6p - Open Gym

7-7:45p - Kettlebell

## **FRIDAY**

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4-6p - Open Gym

## **SATURDAY**

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## **SUNDAY**

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1:30-3:30p Open Gym

Basketball rental - \$1 | Cardio Drumming gear rental - \$2 | Drum sticks for sale - \$5  
Kettlebell rental - \$2 | All classes are free but donations are welcome

**The Gym will only be open during scheduled activity times.**

No MetroFit classes the week of 4th of July and the week of Labor Day.

**[metrocitychurch.tv](http://metrocitychurch.tv)**