

RIVER VALLEY ATHLETIC CLUB GYM SCHEDULE

Fall 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Refit 5:30am- 6:30am	Refit 5:30am- 6:30am	Open Gym 5:30am- 9:00am	Refit 5:30am- 6:30am	Open Gym 5:30am- 9:00am	Open Gym 7am- 8am	Open Gym 7am- Noon
Open Gym 6:35am- 9:00am	Open Gym 6:35am- 9:00am		Open Gym 6:35am- 6pm		Refit 8am- 9am	
Refit 9am- 10am	Refit 9am- 10am	Refit 9am- 10am		Open Gym 9am- Noon		
Fit Kids 10am- 10:30am	Open Gym 10:05am- 6pm	Fit Kids 10am- 10:30am	Open Gym 6:35am- 6pm	Fit Kids 10am- 10:30am	Birthday Parties (if scheduled) Noon-3:30pm	Birthday Parties (if scheduled) Noon-3:30pm
Open Gym 10:35am- 6pm		Open Gym 10:35am- close		Open Gym 10:30am- 4pm		
Refit 6pm- 7pm	Refit 6pm- 7pm		Open Gym 10:35am- close	Refit 6pm- 7pm	Refit 4pm- 5pm	Open Gym 3:3pm- close
Open Gym 7:05pm- close	Open Volleyball 7:30pm- close	Open Gym 7:05pm- close		Open Gym 5:05pm- close		