

WISCASSET COMMUNITY CENTER

Gym Schedule October 13th, 2020 - October 31st, 2020

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------------|---|----------------------------------|--|--|----------------------------------|----------------------------|
| Open Gym 5:00 - 7:30 am | Open Gym 5:00 - 5:30 am | Open Gym 5:00 - 7:30 am | 5:00 - 5:30 am Open Gym | Open Gym 5:00 - 7:30 am | Closed | Closed |
| Yoga w/ Tamara 7:45 - 9:00 am | PiYO! w/ Lorna 5:30 - 6:30 am | Yoga w/ Tamara 7:45 - 9:00 am | Morning Mix w/ Lorna 5:30 - 6:30 am | Yoga w/ Tamara 7:45 - 9:00 am | | |
| Pickleball 9:15 - 11:30 am | Pickleball 7:30 - 9:30 am | Open Gym 9:00 am - 1:00 pm | Pickleball 7:30 - 9:30 am | Zumba Gold w/ Barbara 10:00 - 11:00 am | Open Gym 7:00 - 7:45 am | Closed |
| Open Gym 11:30 - 1:00 pm | Open Gym 9:45 am - 1:00 pm | | Open Gym 9:45 am - 1:00 pm | Open Gym 11:15 am - 1:00 pm | PiYO! w/ Lorna 8:00 - 9:00 am | |
| Closed 1:00 - 2:00 pm | Closed 1:00 - 2:00 pm | Closed 1:00 - 2:00 pm | Closed 1:00 - 2:00 pm | Closed 1:00 - 2:00 pm | Open Gym 9:15 - 4:00 | Open Gym 1:00 - 5:00 pm |
| Open Gym 2:00 - 4:15 pm | Open Gym 2:00 - 8:30 pm | Open Gym 2:00 - 5:45 pm | Open Gym 2:00 - 5:15 pm | Open Gym 2:00 - 7:30 pm | Closed | |
| Karate 4:30 - 6:30 pm | *Gym CLOSED for Selectboard Meeting* 4:00 - 7:00 pm 1st & 3rd Tuesday only | PiYO! w/ Lorna 6:00 - 7:00 pm | Karate 5:30 - 6:30 pm | | | |
| Open Gym 6:30 - 8:30 pm | | Open Gym 7:00 - 8:30 pm | Open Gym 7:30 - 8:30 pm | CardioKick w/ Chelsea 6:30 - 7:30 pm | | |
| Closed | Closed | Closed | Closed | Closed | | |

Please watch for gym closures and schedule updates - SUBJECT TO CHANGE

Schedule Changes

****Friday, October 16th the gymnasium will be closed 8:00 am - 4:00 pm for an American Red Cross Blood Drive.****
Please make reservations to use the gymnasium. Doors to the building will be locked at 8:00 pm if no reservations have been made.

