



GYMNASIUM SCHEDULE*

BHP BILLITON YMCA

UPDATED 5.22.17

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
TIME	SCHEDULE	TIME	SCHEDULE	TIME	SCHEDULE	TIME	SCHEDULE
5:00AM	OPEN PLAY*	5:45AM	BOOT CAMP	5:00AM	OPEN PLAY*	5:45AM	BOOT CAMP
6:00AM	OPEN PLAY*	7:00AM	OPEN PLAY*	6:00AM	OPEN PLAY*	7:00AM	OPEN PLAY*
7:00AM	OPEN PLAY*	8:00AM	OPEN PLAY*	7:00AM	OPEN PLAY*	8:00AM	OPEN PLAY*
8:15AM	CARDIO	9:15AM	PILATES	8:15AM	CARDIO	9:15AM	PILATES
9:15AM - 12:00PM	OPEN PLAY*	10:00AM	HOOPING	9:15AM - 12:00PM	OPEN PLAY*	10:00AM	HOOPING
12:00PM	HIIT EXPRESS	11:00AM-4:15 PM	OPEN PLAY*	12:00PM	HIIT EXPRESS	11:00-1:00	OPEN PLAY*
		4:15-5:15	PERSONAL TRAINING			1:00-3:00	PICKLEBALL
12:30PM	ABS	5:30PM	HIIT	12:30PM	ABS	3:30-4:30	PERSONAL TRAINING
						4:30-5:30	OPEN PLAY
1:00-3:30	OPEN PLAY*			1:00-3:30	OPEN PLAY*		
3:30-4:30	PERSONAL TRAINING	6:30PM	OPEN PLAY*	3:30-4:30	PERSONAL TRAINING	5:30PM	HIIT
4:30-5:15	OPEN PLAY*			4:30-5:15	OPEN PLAY*		
5:30PM	PILATES			5:30PM	PILATES		
6:30PM - 9:00PM	PICKLEBALL			6:30PM - 9:00PM	PICKLEBALL	6:30PM	OPEN PLAY*

FRIDAY		SATURDAY		SUNDAY	
TIME	SCHEDULE	TIME	SCHEDULE	TIME	SCHEDULE
5:00AM	OPEN PLAY*	7:00AM	OPEN PLAY*		
6:00AM	OPEN PLAY*	8:00AM	OPEN PLAY*		
7:00AM	OPEN PLAY*	9:15AM	PILATES	1:00PM - 6:00PM	OPEN PLAY*
8:15AM	CARDIO	10:15-11:30	OPEN PLAY*		
		11:30-12:30	PERSONAL TRAINING		
9:15-4:15	OPEN PLAY*	12:30-CLOSE	OPEN PLAY		
4:15-5:15	PERSONAL TRAINING				
5:15-CLOSE	OPEN PLAY				

* GYM SCHEDULE IS SUBJECT TO CHANGE MONTHLY. PLEASE MAKE SURE YOUR GYM SCHEDULE IS CURRENT BY CALLING OUR FRONT DESK AT 318.674.9635 *

GYM SCHEDULE KEY:
 OPEN PLAY*
 FITNESS CLASSES
 OPEN SPORT