

# Dalton CRA Gym Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>9:00-9:45am Open Gym</b>	5:30-6:30am Bootcamp	5:15-6:15am Sunrise 60	<b>5:00-8:15am Open Gym</b>	5:30-6:30am Bootcamp	5:45-6:45am Bootcamp	7:30-8:30am AAT
10:00-11:00am Triple X	<b>6:45-8:15am Open Gym</b>	<b>6:30-8:15am Open Gym</b>		<b>6:45-8:15am Open Gym</b>	<b>7:00-8:15am Open Gym</b>	8:45-9:45am Flex & Flow Yoga
11:00-2:00pm Basketball Practice	8:30-9:30am Hi-Lo Infusion	8:30-9:30am Sculpting Strength	8:30-9:30am Essential Yoga	8:30-9:30am Sculpting Strength	8:30-9:30am Hi-Lo Infusion	10:00am- 5:00pm Basketball Games
2:15-3:00pm Splash Program	9:40-11:55am Beginner/ Intermediate Pickleball	9:40-11:55am Beginner/ Intermediate Pickleball	9:40-11:55am Open Pickleball	9:40-11:55am Open Pickleball	9:40-11:55am Open Pickleball	
	12:00-1:30pm Lunchtime Basketball	12:00-12:45pm Muscle Mix	12:00-1:30pm Lunchtime Basketball	12:00-12:45pm Muscle Mix	12:00-1:30pm Lunchtime Basketball	
	1:30-2:00pm Cleaning Time	12:45-2:00pm Cleaning Time	1:30-2:00pm Cleaning Time	12:45-2:00pm Cleaning Time	1:30-2:00pm Cleaning Time	
	<b>2:00-3:15pm Open Gym</b>	<b>2:00-5:15pm Open Gym</b>	<b>2:00-5:15pm Open Gym</b>	<b>2:00-5:15pm Open Gym</b>	<b>2:00-3:15pm Open Gym</b>	
	3:30-6:00pm Basketball Practice	5:30-6:30pm Winter HIIT/ Total Body Challenge	5:30-6:30pm AAT	5:30-6:30pm Winter HIIT/ Yoga Plus	3:30-5:30pm Basketball Practice	
	6:00-8:00pm Duquette League	6:30-8:00pm Basketball Practice	6:30-8:00pm Basketball Practice	6:30-8:00pm Basketball Practice	5:30-8:00pm House League Basketball Practice	

**Dalton CRA Winter Gym Schedule will begin January 1<sup>st</sup> and end March 31<sup>st</sup>.**

Open gym time requires an active CRA membership or \$4.00 daily use charge.  
Please call the CRA at 684-0260 to confirm open gym. Open gym times are subject to change.