

Ascension Borgess Health & Fitness - GYM SCHEDULE Effective Sep - Nov 2023

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		
Back	Front	Back	Front	Back	Front	Back	Front	Back	Front	Back	Front	Back	Front	
6	Closed	GX										Closed		
		7												
8														
9				Healthy Steps				Healthy Steps						
10				GX	9:15				9:15			GX		
11		GX		GX				GX					Basketball	
12		GX												
1		12:15 Pickleball		Novice Pickleball		12:15 Pickleball		Novice Pickleball		12:15 Pickleball				
2	Family Time	*SW Court will be reserved for novice players		Basketball		*SW Court will be reserved for novice players		Basketball		*SW Court will be reserved for novice players		Family Time		
3														
4														
5														
6		GX	Athletic Performance		Athletic Performance		Athletic Performance		Athletic Performance		Athletic Performance	Closed		
7														
8														
9	*white areas are first come first serve*	Basketball		6:30 BDSC Basketball		Basketball				Family Time		*white areas are first come first serve*		
10														
11														
12														
9:30		Closed		Closed		Closed		Closed		Closed				