



	SUN	MON	TUE	WED	THU	FRI	SAT	
5:30am	CLOSED	OPEN (Full Gym) 5:30-9A	Boot Camp	OPEN (Full Gym) 5:30-9A	Boot Camp	OPEN 5:30 - 7:15A	CLOSED	
6:00am			5:30-6:30A		5:30-6:30A			
7:00am			40+ BB		40+ BB			
7:30am			(Full Gym)		(Full Gym)			
8:00am	OPEN (Full Gym) 8-10:45A	TRX 9-9:30A	7:15 - 9:15A	Kettlebells	6:30 - 9:15A	7:15 - 9:15A	Warrior Training 7-7:45A (Full Gym)	
8:30am		(1/2 Gym)	Pickleball	1/2(9-9:30A)	Pickleball	Pickleball		
9:00am		(Open 1/2 Gym)	9:30A - 12P	(Open 1/2 Gym)	9:30A - 12P	(Open 1/2 Gym)		8:30A - 10:30A
9:30am		9A-12P	Drop In	8:30A-12P	Drop In	9:30A-12P		Drop In
10:00am	Tumbling 10:50A-11:35A	TOT	(Full Gym)	TOT	(Full Gym)	TOT	(Full Gym)	
10:30am		(1/2 Gym)	9:30A - 12P	(1/2 Gym)	9:30A - 12P	(1/2 Gym)		
11:00am		9:30A - 12P	Functional	9:30A - 12P	Functional	9:30A - 12P		
11:30am		Kettlebells	Strength	TRX	Strength			
12:00pm	OPEN Family 12-1P (Full Gym)	1/2(12:15-12:45P)	1/2(12:15-12:45P)	1/2(12:15-12:45P)	1/2(12:15-12:45P)	OPEN (Full Gym) 12-4:30P	OPEN (Full Gym) 12:30-4P	
12:30pm		OPEN	Intermediate	(OPEN 1/2Gym)	Beginner			
1:00pm		(Full Gym)	Pickleball	12-1P	Pickleball			12-4:30P
1:30pm		1-4P	12-1:45P	OPEN	12-1:45P			ASF (1/2 Gym)
2:00pm	Quick Start Tennis 1-3P	ASF (1/2 Gym)	HS/MS OPEN	(Full Gym)	HS/MS OPEN	4:30-5:30P	OPEN GYM (1/2)	
2:30pm		4-4:30P	(1/2 Gym)	1-4:30P	(1/2 Gym)	4:30-5:30P		
3:00pm		Quick Start	1:45-5:30P	OPEN GYM	1:45-5:30P	4:30-5:30P		
3:30pm		Tennis Full Gym	(OPEN 1/2 Gym)	(1/2 Gym) 4:30-5:30P	(OPEN 1/2 Gym)	Family Gym		
4:00pm	OPEN (Full Gym) 3:00-6:00P	4:30-5:30P	1:45-4:30P	ASF (1/2 Gym)	1:45-4:30P	(1/2 Gym)	Family 4-6P (1/2 Gym)	
4:30pm		TRX 5:30-6:00P	ASF (1/2 Gym)	4:30-5:30P	ASF (1/2 Gym)	5:30-7P		
5:00pm		Cardio	4:30-5:30P	Family Gym	4:30-5:30P	OPEN GYM (1/2)		
5:30pm		Kickboxing	OPEN FULL GYM	(1/2 Gym)	OPEN FULL GYM	5:30-7P		
6:00pm	Futsal (Soccer) (Full Gym) 6:00 - 7:55P	6:15-7:30P	5:30-7:30P	5:30-7:30P	5:30-7:30P	Open	OPEN (Full Gym) 6- 7:55P	
6:30pm		Adult Bball	Futsal (Soccer)	Adult Bball	Youth Futsal	(Full Gym)		
7:00pm		(Full Gym)	(Full Gym)	(Full Gym)	(Full Gym)			
7:30pm		FACILITY	(Full Gym)	(Full Gym)	(Full Gym)			
8:00pm	CLOSES 8:00P	7:30 - 8:55P	7:30 - 8:55P	7:30 - 8:55P	7:30-8:55P	7-8:55P	FACILITY CLOSES 8:00P	
8:30pm		FACILITY CLOSES AT 9:00P MONDAY - FRIDAY						
8:30pm		FACILITY CLOSES AT 9:00P MONDAY - FRIDAY						
9:00pm		FACILITY CLOSES AT 9:00P MONDAY - FRIDAY						

Key and Descriptions

OPEN = Open Gym (for all ages)

TOT = Tots and Parent Open Gym (FREE for Members)

ASF = After School Friends Pre-registered Program

HS/MS OPEN = High School and Middle School Open Gym

Youth Futsal = High School and Middle School Drop In

FG = Family Gym (Parent/Guardian with child(ren) only).

Futsal = Soccer Alternative Drop In Program 15+

Pickleball = Drop in program

Adult Open Basketball 18+ and out of HS

40+BB = 40 years of age and older ONLY Basketball

MCC PUMP = Pre-registered Fitness Class

KETTLEBELLS = Pre-registered Fitness Class

WORK the CIRCUIT = Pre-registered Fitness Class

BOOTCAMP = Pre-registered Fitness Class

Warrior Training = Pre-registered Fitness Class

TRX = Pre-registered Fitness class

Instr. Choice = Pre-registered Fitness Class

Tumbling, Ages 3-5

QuickStart Tennis

When 1/2 Gym is reserved/scheduled the other 1/2 is Open Gym

MCC reserves the right to alter this schedule

Please call us or check the town web for updates at www.mansfieldcc.com

*****GYM RESERVED*****

6/1 - Birthday Party 1/2 gym, 12:30-1:30P
6/1 - Family Fun Night, 4:30-7:30P
6/2 - Birthday Party 1/2 gym, 5-6P
6/9 - Birthday Party 1/2 gym, 5-6P
6/9 - Birthday Party 1/2 gym, 1-3P
6/14 - Family Fun Night, 5:30-8:30P
6/15 - Birthday Party 1/2 gym, 1:30-2:30P
6/21 - Red Cross Blood Drive, Full Gym 9:30A-5:30P