



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

**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 18+

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](http://www.mansfieldcc.com)

\*\*\*\*\*GYM RESERVED\*\*\*\*\*

7/13 - Family Fun Night, 4:30-7:30P
7/14 - Birthday Party, 12-1P, 1/2 gym
7/22 - Multi Sports, 1:30-4:30P
7/24 - Multi Sports, 1:30-4:30P

July 2019



**Mansfield Community Center**  
*Family, Fitness & Fun!*

**Gymnasium Schedule**