



	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	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)				
9:00am	Tumbling 10:50A-11:35A	TOT (1/2 Gym)	1 Court Novice	TOT (1/2 Gym)	1 Court Novice	TOT (1/2 Gym)	1 Court Novice
9:30am		9:30A - 12P	Functional Strength				
10:00am	OPEN Family 12-1P (Full Gym)	Kettlebells 1/2(12:15-12:45P)	1/2(12:15-12:45P)	TRX 1/2(12:15-12:45P)	1/2(12:15-12:45P)	OPEN (Full Gym) 12-5:30P	OPEN (Full Gym) 10:30-4P
10:30am		Intermediate Pickleball Clinic 12-1:45P 1 Court	(OPEN 1/2Gym) 12-1P	Beginner Pickleball Clinic 12-1:45P 1 Court			
11:00am	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) 10:30-4P
11:30am			(OPEN 1/2 Gym)		1:45-5:30P		
12:00pm	1:00-6:00P	TRX 5:30-6:00P	1:45-5:30P	Family Gym (1/2 Gym) 5:30-7:30P	1:45-5:30P	Family Gym (1/2 Gym) 5:30-7P	Family 4-6P (1/2 Gym)
12:30pm		Cardio Kickboxing 6:15-7:30P	5:30-7:30P				
1:00pm	Futsal (Soccer) (Full Gym) 6:00 - 7:55P	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 GYM (1/2) 5:30-7P	OPEN (Full Gym) 6- 7:55P
1:30pm			OPEN FULL GYM				
2:00pm	FACILITY CLOSES 8:00P	FACILITY CLOSING	FACILITY CLOSING	FACILITY CLOSING	FACILITY CLOSING	Open (Full Gym) 7-8:55P	FACILITY CLOSES 8:00P
2:30pm							
3:00pm	FACILITY CLOSING						

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

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

8/10 Family Fun Night, 4:30-7:30P

8/12-8/18 Shut Down Week

8/23 Red Cross Blood Drive, 9:30A-5:30P

August 2019



Mansfield Community Center
Family, Fitness & Fun!

Gymnasium Schedule