

GYM SCHEDULE



987 Civic Center Dr, Niles, Illinois 60714
847-588-8400
www.nilesfitness.com

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|--|--|---|---|
| <p><u>GYM A</u> 7:00 A.M.-4:45 P.M. OPEN GYM</p> | <p><u>GYM A</u> 5:30 A.M.-9:55 A.M. OPEN GYM</p> <p>10:10 A.M.-11:05 A.M. GROUP X</p> <p>11:10 A.M.-9:45 P.M. OPEN GYM</p> | <p><u>GYM A</u> 5:30 A.M.-9:45 A.M. OPEN GYM</p> <p>10:00-11:05 A.M. GROUP X</p> <p>11:10 A.M.- 9:45 P.M. OPEN GYM</p> | <p><u>GYM A</u> 5:30 A.M.-9:55 A.M. OPEN GYM</p> <p>10:10 A.M.-11:05 A.M. GROUP X</p> <p>11:20 A.M.-9:45 P.M. OPEN GYM</p> | <p><u>GYM A</u> 5:30 A.M.-9:45 A.M. OPEN GYM</p> <p>10:00-11:05 A.M. GROUP X</p> <p>11:10 A.M.-9:45 P.M. OPEN GYM</p> | <p><u>GYM A</u> 5:30 A.M.-9:45 A.M. OPEN GYM</p> <p>10:00 A.M.-11:00 A.M. GROUP X</p> <p>11:05 A.M.-8:45 P.M. OPEN GYM</p> | <p><u>GYM A</u> 7:00 A.M.-8:50 A.M. OPEN GYM</p> <p>9:05-10:05 A.M. GROUP X</p> <p>10:05 A.M.-4:45 P.M. OPEN GYM</p> |
| <p><u>GYM B</u> 7:00-9:00 A.M. OPEN GYM</p> <p>9:00-11:00 A.M. RENTAL</p> <p>11:00 A.M.-4:45 P.M. OPEN GYM</p> | <p><u>GYM B</u> 5:30-9:00 A.M. OPEN GYM</p> <p>9:15-10:00 A.M. TOT PROGRAM</p> <p>10:05 A.M.-9:45 P.M. OPEN GYM</p> | <p><u>GYM B</u> 5:30-7:45 A.M. OPEN GYM</p> <p>7:45-11:00 A.M. Co-Ed VOLLEYBALL</p> <p>11:00 A.M.-4:30 P.M. OPEN GYM</p> <p>4:45-6:15 P.M. ELITE BBALL CAMP</p> <p>6:20 P.M. -9:45 P.M. OPEN GYM</p> | <p><u>GYM B</u> 5:30 A.M.-9:00 A.M. OPEN GYM</p> <p>9:15-10:00 A.M. TOT PROGRAM</p> <p>10:05A.M-9:45 P.M. OPEN GYM</p> | <p><u>GYM B</u> 5:30-7:45 A.M. OPEN GYM</p> <p>7:45-11:00 A.M. Co-Ed VOLLEYBALL</p> <p>11:00 A.M.-9:45 P.M. OPEN GYM</p> | <p><u>GYM B</u> 5:30 A.M.-7:45 A.M. OPEN GYM</p> <p>9:05-10:15 A.M. OPEN GYM</p> <p>10:30-11:30 A.M. PROGRAM</p> <p>11:35 A.M.-8:45 P.M. OPEN GYM</p> | <p>DAILY GYM FEES:</p> <p><i>Youth (3-13)</i> Res: \$4.00 Non-Res: \$8.00</p> <p><i>Adult (Over 13)</i> Res: \$6.00 Non-Res: \$10.00</p> |

MIKE IPJIAN'S ELITE TRAINING WILL HAVE A DESIGNATED BASKET WHEN NECESSARY.
FOOTBALL, BASEBALL/SOFTBALL, AND SOCCER ARE PROHIBITED IN THE GYM.
PROGRAMS/RENTALS ARE SUBJECT TO SEASONAL FLEXIBILITY. INQUIRE AT THE FRONT DESK.