

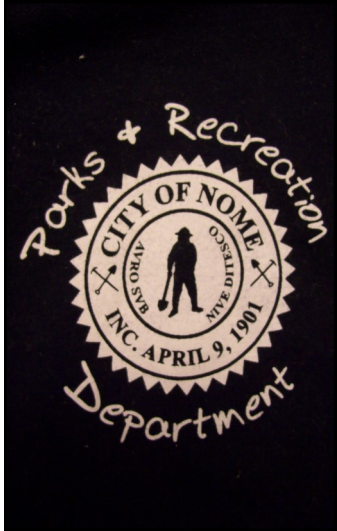


To print out your own schedule, and to view other relevant info, please visit:

[http://  
www.nomealaska.org](http://www.nomealaska.org)



SCAN ME!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2:00PM-8:00PM	5:30AM-10:00PM	5:30AM-10:00PM	5:30AM-10:00PM	5:30AM-10:00PM	5:30AM-10:00PM	12:00PM-6:00PM
			1  Open Gym: Kindergym: Open Gym:  5:30AM-10:00AM 10:00AM-12:00PM 12:15PM-10:00PM	2  Open Gym: City League Volleyball:  5:30AM-5:00PM 5:15PM-10:00PM	3  Open Gym Free Kindergym: Open Gym: Drop-In Volleyball: Drop in Soccer: (Age15+)  5:30AM-10:00AM 10:00AM-12:00PM 12:00PM-5:45PM 6:00PM-7:55PM 8:00PM-10:00PM	4  Open Gym: Drop-In Volleyball:  12:00PM-3:15PM 3:30PM-6:00PM
			Spontaneous Sweat: REFIT W/ Kim:  6:00AM-7:00AM 5:45PM-6:45PM	Full Send (Spin Class): Tae Kwon Do: Brazilian jiu-jitsu: Open Bowling  6:00AM-7:00AM 5:00PM-7:30PM 7:45PM-9:15PM 6:00PM-9:00PM	Strong Nation: REFIT W/ Kim: Open Bowling  5:45AM-6:45AM 5:45PM-6:45PM 6:00PM-9:00PM	Yoga w/ Pete: Red Pin Bowling  12:15PM-1:45PM 4:00PM-9:00PM
5  Open Gym:  2:00PM-8:00PM	6  Open Gym: Kindergym: Open Gym: City League Volleyball:  5:30AM-10:00AM 10:00AM-12:00PM 12:15PM-5:00PM 5:15PM-10:00PM	7  Open Gym: Drop in Soccer: (Age15+)  5:30AM-7:55PM 8:00PM-10:00PM	8  Open Gym: Kindergym: Open Gym:  5:30AM-10:00AM 10:00AM-12:00PM 12:15PM-10:00PM	9  Open Gym: City League Volleyball:  5:30AM-5:00PM 5:15PM-10:00PM	10  Open Gym Free Kindergym: Open Gym: Drop-In Volleyball: Drop in Soccer: (Age15+)  5:30AM-10:00AM 10:00AM-12:00PM 12:00PM-5:45PM 6:00PM-7:55PM 8:00PM-10:00PM	11  Open Gym: Drop-In Volleyball:  12:00PM-3:15PM 3:30PM-6:00PM
So You Think You Can Dance? (Zumba):  2:30PM-3:30PM	Jump 4 Joy: Yoga w/ Pete:  4:15PM-5:15PM 6:30PM-8:00PM	Strong Nation: Tae Kwon Do: Brazilian jiu-jitsu:  5:45AM-6:45AM 5:00PM-7:30PM 7:45PM-9:15PM	REFIT W/ Kim:  5:45PM-6:45PM	Full Send (Spin Class): Tae Kwon Do: Brazilian jiu-jitsu: Open Bowling  6:00AM-7:00AM 5:00PM-7:30PM 7:45PM-9:15PM 6:00PM-9:00PM	REFIT W/ Kim: Open Bowling  5:45PM-6:45PM 6:00PM-9:00PM	Yoga w/ Pete: Red Pin Bowling  12:15PM-1:45PM 4:00PM-9:00PM
12  Open Gym:  2:00PM-8:00PM	13  NRC is <b>CLOSED</b> for Indigenous Peoples’ Day. No Open Gym, Showers, Sauna, Classes, Weight Room, or City League today.  Village of Solomon’s Indigenous Peoples’ Day Celebration will take place in the Main Gym 4pm-8pm	14  Open Gym: City League Volleyball:  5:30AM-5:00PM 5:15PM-10:00PM  <b>NO INDOOR SOCCER TONIGHT</b>  Mad Muscles: Tae Kwon Do: Brazilian jiu-jitsu:  6:00AM-7:00AM 5:00PM-7:30PM 7:45PM-9:15PM	15  Open Gym: Kindergym: Open Gym:  5:30AM-10:00AM 10:00AM-12:00PM 12:15PM-10:00PM	16  Open Gym:  5:30AM-10:00PM  <b>NO CITY LEAGUE VOLLEYBALL TONIGHT. GO OUT AND SUPPORT ARCTIC PINKIES TOURNAMENT!!!</b>  Full Send (Spin Class): Tae Kwon Do: Brazilian jiu-jitsu: Open Bowling  6:00AM-7:00AM 5:00PM-7:30PM 7:45PM-9:15PM 6:00PM-9:00PM	17  Open Gym Free Kindergym: Open Gym: Drop-In Volleyball: Drop in Soccer: (Age15+)  5:30AM-10:00AM 10:00AM-12:00PM 12:00PM-5:45PM 6:00PM-7:55PM 8:00PM-10:00PM	18  Open Gym: Drop-In Volleyball:  12:00PM-3:15PM 3:30PM-6:00PM
So You Think You Can Dance? (Zumba):  2:30PM-3:30PM			Spontaneous Sweat: REFIT W/ Kim:  6:00AM-7:00AM 5:45PM-6:45PM		Strong Nation: REFIT W/ Kim: Open Bowling  5:45AM-6:45AM 5:45PM-6:45PM 6:00PM-9:00PM	Yoga w/ Pete: Red Pin Bowling  12:15PM-1:45PM 4:00PM-9:00PM
19  Open Gym:  2:00PM-8:00PM	20  Open Gym: Kindergym: Open Gym: City League Volleyball Playoffs:  5:30AM-10:00AM 10:00AM-12:00PM 12:15PM-5:00PM 5:15PM-10:00PM	21  Open Gym: City League Volleyball Playoffs: Drop in Soccer: (Age15+)  5:30AM-5:00PM 5:15PM-8:25PM 8:30PM-10:00PM	22  Open Gym: Kindergym: Open Gym:  5:30AM-10:00AM 10:00AM-12:00PM 12:15PM-10:00PM	23  Open Gym:  5:30AM-10:00PM  <b>NO CITY LEAGUE VOLLEYBALL TONIGHT. GO OUT AND SUPPORT THE NANOOKS!!!</b>  Full Send (Spin Class): Tae Kwon Do: Brazilian jiu-jitsu: Open Bowling  6:00AM-7:00AM 5:00PM-7:30PM 7:45PM-9:15PM 6:00PM-9:00PM	24  Open Gym Free Kindergym: Open Gym: Drop-In Volleyball: Drop in Soccer: (Age15+)  5:30AM-10:00AM 10:00AM-12:00PM 12:00PM-5:45PM 6:00PM-7:55PM 8:00PM-10:00PM	25  Open Gym: Drop-In Volleyball:  12:00PM-3:15PM 3:30PM-6:00PM
So You Think You Can Dance? (Zumba):  2:30PM-3:30PM	Jump 4 Joy: Yoga w/ Pete:  4:15PM-5:15PM 6:30PM-8:00PM	Strong Nation: Tae Kwon Do: Brazilian jiu-jitsu:  5:45AM-6:45AM 5:00PM-7:30PM 7:45PM-9:15PM	Spontaneous Sweat: REFIT W/ Kim:  6:00AM-7:00AM 5:45PM-6:45PM		Strong Nation: REFIT W/ Kim: Open Bowling  5:45AM-6:45AM 5:45PM-6:45PM 6:00PM-9:00PM	Yoga w/ Pete: Red Pin Bowling  12:15PM-1:45PM 4:00PM-9:00PM
26  Open Gym:  2:00PM-8:00PM	27  Open Gym: Kindergym: Open Gym: City League Volleyball Playoff Semifinals:  5:30AM-10:00AM 10:00AM-12:00PM 12:15PM-5:00PM 5:15PM-10:00PM	28  Open Gym: City League Volleyball Championship!: Drop in Soccer: (Age15+)  5:30AM-5:00PM 5:15PM-8:25PM 8:30PM-10:00PM	29  Open Gym: Kindergym: Open Gym:  5:30AM-10:00AM 10:00AM-12:00PM 12:15PM-10:00PM	30  Open Gym:  5:30AM-10:00PM  Full Send (Spin Class): Tae Kwon Do: Brazilian jiu-jitsu: Open Bowling  6:00AM-7:00AM 5:00PM-7:30PM 7:45PM-9:15PM 6:00PM-9:00PM	31  Open Gym Free Kindergym: Open Gym: Drop-In Volleyball: Drop in Soccer: (Age15+)  5:30AM-10:00AM 10:00AM-12:00PM 12:00PM-5:45PM 6:00PM-7:55PM 8:00PM-10:00PM	BLUE = Gymnasium  BLACK = Multi-Purpose Room  RED = Closures  ORANGE = Climbing Room  GREEN = Bowling Alley
So You Think You Can Dance? (Zumba):  2:30PM-3:30PM	Jump 4 Joy: Yoga w/ Pete:  4:15PM-5:15PM 6:30PM-8:00PM	Strong Nation: Tae Kwon Do: Brazilian jiu-jitsu:  5:45AM-6:45AM 5:00PM-7:30PM 7:45PM-9:15PM	Spontaneous Sweat: REFIT W/ Kim:  6:00AM-7:00AM 5:45PM-6:45PM		Spooky Circuit: REFIT W/ Kim: Open Bowling  6:00AM-7:00AM 5:45PM-6:45PM 6:00PM-9:00PM</	