

Hempstead Recreation Center

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635 Business 290E

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Hempstead, Texas

Hours: Monday – Thursday 7am to 9pm ~ Fridays – 8am to 5pm

BRINGING IT ALL TOGETHER



Monday

- 8:00 A.M. - Walking
- 9:00 A.M. – Young Hearts
- 10: A.M. – Open Gym
- 11:00 A.M. – Computer Class (Seniors)
- 4:15 P.M. to 8:30 P.M. – Cheers Storm Elite

Tuesday

- 8:00 A.M. – Walking
- 9:00 A.M. - Open Gym
- 10:00 A.M. Sewing Class
- 11:00 A.M. - Computer Class
- 3:30 P.M. to 9:30 P.M. – Cheer Storm Elite

Wednesday

- 8:00 A.M. - Walking
- 9:00 A.M. - Young Hearts Work-Outs
- 10:00 A.M. - Open Gym
- 11:00 A.M. - Computer Class
- 3:00 P.M. to 5:45 P.M. - Cheer Storm Elite
- 6:30 P.M. - Volleyball

Thursday

- 8:00 A.M. – Walking
- 9:00 A.M. – Open Gym
- 10:00 A.M. – Sewing Class
- 2:30 P.M. to 6:00 P.M. – Cheer Storm Elite
- 6:00 P.M. to 9:00 P.M. Basketball

Friday

- 8:00 A.M. – Walking
- 10:00 A.M. – Open Gym

Saturday

- 9:00 A.M. – Cheer Storm Elite (GYM)

Sunday

- 6:00 P.M. – Adult Basketball (GYM)