

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	GetFit 6-7 am	GetFit 6-7 am	GetFit 6-7 am	GetFit 6-7 am	GetFit 6-7 am	
6:00 AM						
7:00 AM	FREEPLAY					
7:30 AM	FREEPLAY					
8:00am		Baby REC 9am-noon		Baby REC 9am-noon		
8:30am						
9:00am						
9:30am						
10:00am	CHESSE PE 10-Noon					
10:30am						
11:00am						Self Defense 11 am- noon
11:30am						
12:00pm	FREEPLAY					
12:30pm						
1:00pm	CHESSE PE 1-3 pm				CHESSE PE 1-3 pm	
1:30pm						
2:00pm						
2:30pm		FREEPLAY	FREEPLAY	FREEPLAY		
3:00pm						
3:30pm	FREEPLAY					
4:00pm						FREEPLAY
4:30pm					FREEPLAY	
5:00pm						
5:30pm	Ladies Power Hr Self-Defense 5:30-6:30 pm			LPH 530-630 pm		
6:00pm		GetFit 6-7 pm		GetFit 6-7 pm		
6:30pm	GetFit 6-7 pm					
7:00pm		Cardio Craze 7-8 pm		Cardio Craze 7-8 pm		
7:30pm						
8:00pm	Monday Night Volleyball 8-10 pm	Pray n Play Basketball 8-10 pm		Pray n Play Basketball 8-10 pm	Indoor Soccer 8-10 pm	
10:00pm						
11:00pm						