

PROGRAM & CLASS SCHEDULE

Fall 2020 Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FITNESS & WELLNESS						
<u>Small Group Training</u>	FULL 6:15 - 7:15am	FULL 5:45-6:45pm	FULL 6:15 - 7:15am	<i>2 spots left!</i> 5:45-6:45pm	FULL 6:15 - 7:15am	FULL 8:00 - 9:00am
YOUTH DEVELOPMENT						
<u>SportSTRONG (11-13)</u>	<i>1 spot left!</i> 4:30-5:30pm	FULL 4:30-5:30pm	FULL 4:30-5:30pm		FULL 4:30-5:30pm	FULL 9:15 - 10:15am
<u>SportSTRONG (14-16)</u>	<i>1 spot left!</i> 5:45-6:45pm		FULL 5:45-6:45pm		FULL 5:45-6:45pm	FULL 10:30 - 11:30am
<u>GirlSTRONG</u>				<i>1 spot left!</i> 4:30 - 5:30pm		