

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> | FULL 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> | FULL 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 | | |