

Basketball Court Schedule April 16-30, 2018

The basketball court is open for 1/2 court play anytime it is not reserved for special activities

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-5:30a							
5:30-6							
6-6:30							
6:30-7							
7-8:00							
8-8:30	Cardiac Rehab*		Cardiac Rehab*		Car Rehab/TRX		
8:30-9	Cardiac Rehab*		Cardiac Rehab*		Car Rehab/TRX		
9-9:30	Cardiac Rehab*	TRX/KB *	Cardiac Rehab*	TRX/KB*	Cardiac Rehab*		
9:30-10	HITT*	Zumba	HITT*	Zumba	Cardiac Rehab*	Group Exercise	
10-10:30	Core & More	Zumba	Core & More*	Zumba	Cardiac Rehab*	Group Exercise	
10:30-11	Set up		Set up*		Set up RSB		
11-11:30	Rock Steady		Rock Steady		Rock Steady		
11:30-12	Rock Steady		Rock Steady		Rock Steady		
12-12:30	Boxing*		Boxing*				
12:30-1	Boxing*		Boxing*				
1-1:30							
1:30-2							
2-2:30							
2:30-3							
3:30-4							
4-4:30	FirstKids Fitness						
4:30-5	FirstKids Fitness						
5-5:30							
5:30-6							
6-6:30	Adult Bball		Adult Bball				
6:30-7	Adult Bball		Adult Bball				
7-7:30	Adult Bball		Adult Bball				
7:30-8	Adult Bball		Adult Bball				
8-8:30							
8:30-9							
9-9:30							

* indicates half court available