

Basketball Court Schedule May 28-June 10, 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*		Cardiac Rehab/TRX		
8:30-9	Cardiac Rehab*		Cardiac Rehab*		Cardiac Rehab/TRX		
9-9:30	Cardiac Rehab/TRX	TRX/KB *	Cardiac Rehab*	TRX/KB*	Cardiac Rehab*		
9:30-10	TRX/HIIT	Zumba	TRX + HITT*	Bang Power Dance	Cardiac Rehab*	Group Exercise	
10-10:30		Zumba	TRX Core*	Bang Power Dance	Cardiac Rehab*	Group Exercise	
10:30-11	Set up RSB	TRX training*	Set up RSB		Set up RSB		
11-11:30	Rock Steady	TRX training*	Rock Steady		Rock Steady		
11:30-12	Rock Steady	TRX training*	Rock Steady		Rock Steady		
12-12:30	12:15-12:45 Boxing		12:15-12:45 Boxing				
12:30-1							
1-1:30							
1:30-2							
2-2:30							
2:30-3							
3:30-4							
4-4:30							
4:30-5							
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