

Basketball Court Schedule Oct. 1-7 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		Zumba	TRX + HITT*		Cardiac Rehab*	Group Exercise	
10-10:30		Zumba	TRX Core*		Cardiac Rehab*	Group Exercise	W Warrior
10:30-11	Set up RSB		Set up RSB		Set up RSB		W Warrior
11-11:30	Rock Steady		Rock Steady		Rock Steady	Wounded Warrior	W Warrior
11:30-12	Rock Steady		Rock Steady		Rock Steady	Wounded Warrior	W Warrior
12-12:30	Boxing Workout		Boxing Workout		Boxing Workout		W Warrior
12:30-1							W Warrior
1-1:30						Wounded Warrior	
1:30-2						Wounded Warrior	
2-2:30						Wounded Warrior	
2:30-3							
3:30-4							
4-4:30	FirstKids Fitness						
4:30-5	FirstKids Fitness						
5-5:30							
5:30-6		Cardio Burn 5:45					
6-6:30	Adult Bball	Outside or on court	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