

Basketball Court Schedule Feb. 4-10, 2019

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		Dance Fitness	TRX + HITT*	Zumba	Cardiac Rehab*		
10-10:30		Dance Fitness	TRX Core*	Zumba	Cardiac Rehab*		
10:30-11	Set up RSB		Set up RSB		Set up RSB		
11-11:30	Rock Steady		Rock Steady		Rock Steady		
11:30-12	Rock Steady		Rock Steady		Rock Steady		
12-12:30	Rock Steady		Rock Steady		Rock Steady		
12:30-1	Rock Steady		Rock Steady		Rock Steady		
1-2	Rock Steady		Rock Steady		Rock Steady		
2-2:30							
2:30-3							
3-3:30							Zumba
3:30-4							Zumba
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	On court or outside	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