

Basketball Court Schedule January 3-21

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

Side A = closest to front desk

Side B = closest to cycling room

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Side A	Side B	Side A	Side B	Side A	Side B	Side A	Side B	Side A	Side B
5-5:30a										
5:30-6										
6-6:30										
6:30-7										
7-8:00										
8-8:30	Cardiac rehab	Cardiac rehab			Cardiac rehab	Cardiac rehab			Cardiac rehab	TRX
8:30-9	CR	CR			CR	CR			CR	TRX
9-9:30		CR		TRX/KB		CR		TRX/KB	CR	
9:30-10		HITT	Zumba	Zumba		HITT	Zumba	Zumba	CR	
10-10:30		Core & More	Zumba	Zumba		Core & More	Zumba	Zumba	CR	
10:30-11		Set up				Set up				Set up
11-11:30	Rock Steady	Rock Steady			Rock Steady	Rock Steady			Rock Steady	Rock Steady
11:30-12	Rock Steady	Rock Steady			Rock Steady	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										
4:30-5										
5-5:30										
5:30-6										
6-6:30	Full court	Adult Bball	Zumba	Zumba	Full court	Adult Bball				
6:30-7	Full court	Adult Bball	Zumba	Zumba	Full court	Adult Bball				
7-7:30	Full court	Adult Bball			Full court	Adult Bball				
7:30-8	Full court	Adult Bball			Full court	Adult Bball				
8-8:30										
8:30-9										
9-9:30										

Court Reserved: Saturdays from 9:30-10:30 a.m. for group exercise classes & Jan. 5 from 10:30a-noon, 1:30-3p; Jan. 6 from 9:15-11:30a.