

COURT WINTER SCHEDULE 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODYPUMP 5:30 - 6:30 am	TABATA 5:45 - 6:45 am	CARDIO EXCEL 5:45 - 6:45 am	TABATA 5:45 - 6:45 am	BODYPUMP 5:30 - 6:30 am	OPEN GYM 6:00 - 8:00 am	OPEN GYM 6:00 - 7:10 am
BOXING 6:45 - 7:45 am	WERQ 45 7:00 - 7:45 am	STRENGTH FUSION 45 7:00 - 7:45 am	BODYPUMP 45 7:00 - 7:45 am	OPEN GYM 6:30 - 7:00 am	CARDIO STEP 8:00 - 9:00 am	TABATA 7:10 - 8:10 am
CARDIO FUSION 7:55 - 8:55 am	CARDIO FUSION 7:55 - 8:55 am	BODYPUMP 7:55 - 8:55 am	CARDIO FUSION 7:55 - 8:55 am	BODYCOMBAT 45 7:00 - 7:45 am	CARDIO EXCEL 75 9:10 - 10:25 am	BODYPUMP 8:20 - 9:20 am
TABATA 9:10 - 10:10 am	GROUP BLAST 9:10 - 10:10 am	WERQ 9:00 - 10:00 am	OPEN GYM 9:00 - 9:30 am	CARDIO EXCEL 7:55 - 8:55 am	WERQ 10:30 - 11:30 am	BATTLE 9:30 - 10:30 am
WERQ 10:20 - 11:20 am	STRENGTH SCULPT 10:20 - 11:20 am	BATTLE 10:00 - 11:00 am	TRIPLE THREAT 9:30 - 10:15 am	BOXING 9:10 - 10:10 am	OPEN GYM 11:30 - 12:00 pm	WERQ 10:40 - 11:40 am
ABS + ARMS 11:30 - 12:00 pm	OPEN GYM 11:20 - 4:30 pm	BODYPUMP 11:00 - 12:00 pm	WERQ 10:30 - 11:30 am	STRENGTH SCULPT 10:20 - 11:20 am	TRIPLE THREAT 12:00 - 12:45 pm	OPEN GYM 11:40 - 9:00 pm
STRENGTH SCULPT SPRINT 12:00 - 12:30 pm	BOOTYBARRE 4:30 - 5:30 pm	OPEN GYM 12:00 - 4:30 pm	CORE EXCEL 11:35 - 12:05 pm	WERQ 11:30 - 12:30 am	OPEN GYM 12:45 - 2:30 pm	
OPEN GYM 12:30 - 4:30 pm	BODYPUMP 5:35 - 6:35 pm	TABATA 4:30 - 5:30 pm	BOOTYBARRE 12:15 - 1:15 pm	OPEN GYM 12:30 - 3:30 pm	BODYPUMP 2:30 - 3:30 pm	
STRENGTH SCULPT 4:30 - 5:30 pm	WERQ 6:45 - 7:45 pm	BATTLE 5:45 - 6:45 pm	OPEN GYM 1:15 - 4:30 pm	YOUTH BOXING SGT 3:30 - 4:30 PM	OPEN GYM 3:30 - 9:00 pm	
BOOT CAMP 5:45 - 6:45 pm	OPEN GYM 7:45 - 10:00 pm	BOXING 7:00 - 8:00 pm	CARDIO FUSION 4:30 - 5:30 pm	CARDIO FUSION 4:30 - 5:30 pm		
OPEN GYM 6:45 - 10:00 pm		OPEN GYM 8:00 - 10:00pm	BOOT CAMP 5:35 - 6:35 pm	OPEN GYM 5:30 - 10:00pm		
			WERQ 6:45 - 7:45 pm			
			OPEN GYM 7:45 - 10:00 pm			

SCHEDULE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

CHILDREN UNDER THE AGE OF 14 MUST BE ACCOMPANIED BY A PARENT

STRENGTH	CARDIO	MIND BODY	DANCE	HIGH INTENSITY	OPEN GYM
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