

MIDTOWN

THE COURT

Schedule Effective JUNE 2019

	Monday		Tuesday		Wednesday		Thursday		Friday
	North End	South End	North End	South End	North End	South End	North End	South End	North End
5:00 AM	Open Gym 5:45-7AM		Open Gym 5:45-8:00AM		Pick-Up Basketball 5:45-8:00AM		Open Gym 5:45-7:45AM		Open 5:45-6
6:00 AM									
7:00 AM	Boxing 7:00-8:30AM		Triple Threat 8:00-9:30AM		Advanced TRX 8:00-9AM		Triple Threat 7:45-9:15AM		Pick Baske 6:45-8
8:00 AM									
9:00 AM	Camp Midtown 9:00-10:00AM		Better Balance 10:15-11:30AM		Battle 9:00-10:15AM		Triple Threat 9:15-10:30AM		Box 8:45-10
10:00 AM	Battle 10:15-11:30AM								
11:00 AM	Camp Midtown 12:00-1:00PM		Camp Midtown 12:00-1:00PM		Camp Midtown 12:00-1:00PM		Camp Midtown 12:00-1:00PM		Better I 10:15-1
12:00 PM	TRX Fusion 1:00-2:00PM		Open Gym 1:00-3:00PM		Open Gym 1:00-3:00PM		Open Gym 1:00-3:00PM		
1:00 PM	Open Gym 2:00 - 3:00PM		Camp Midtown 3:00-4:00PM		Camp Midtown 3:00-4:00PM		Camp Midtown 3:00-4:00PM		Camp M 3:00-4
2:00 PM	Camp Midtown 3:00-4:00PM		Open Gym 4:00 - 5:00PM		Open Gym 4:00 - 5:00PM		Open Gym 4:00 - 5:00PM		
3:00 PM	Open Gym 4:00 - 5:00PM		Little Movers 5:15-6:30PM		Battle 5:15-6:45PM		Open Gym 4:00 - 7:45PM		Open 4:00 - 9
4:00 PM	Triple Threat 5:15-6:30PM		Pick-Up Basketball 6:30-9PM		Open Gym 6:45-9:45PM				
5:00 PM	Open Gym 6:30-9:45PM		Open Gym 9-9:45PM		Open Gym 9-9:45PM		Pick-Up Basketball 7:45-9PM		
6:00 PM							Open Gym 9-9:45PM		
7:00 PM							Open Gym 9-9:45PM		
8:00 PM									
9:00 PM									

2211 Waukegan Road
 Bannockburn, IL 60015

day	Saturday		Sunday	
	North End	South End	North End	South End
South End				
Open Gym 8:45AM				
Pick-Up Basketball 8:45AM	Pick-Up Basketball 6:00-8:45AM		Open Gym 6:00-8:45AM	
Boxing 10:15AM	Boxing 9:00-10:15AM		Battle 8:45-10:15AM	
Balance 11:30AM	Little Movers 10:15-11:00AM		Little Movers 10:15-11:00AM	
Midtown 1:00PM	Triple Threat 11:30AM-1:00PM			
Open Gym 1:00-3:00PM				
Midtown 3:00PM				
Open Gym 8:45PM	Open Gym 1:00PM-8:45PM		Open Gym 11:00AM-8:45PM	

Schedule subject to change without prior notice

*Children under age 14 must be accompanied by a parent