

November 5, 2017 - November 11, 2017

November 2017

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

December 2017

Su	Mo	Tu	We	Th	Fr	Sa
						1
	3	4	5	6	7	8
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5	6	7	8	9	10	11
5 AM	Open Gym if time	Open Gym if time	Open Gym if time	Open Gym if time	Open Gym if time	Open Gym if time	Open Gym if time
6					Cycle Court 1		
7							Pickup basketball Full Court
8		Total Body Blast 8:30-9:30; 9:30 AM-10:30 AM Full Court	Body Pump Court 1	Total Body Blast 8:30-9:30; 9:30 AM-10:30 AM Full Court	Body Pump Court 1	Cardio Cross Training Full Court- Rain gy	
9			ZUMBA Full Court	Silver Sneakers Classic Full Court	ZUMBA Full Court	ZUMBA GOLD FULL COURT	BodyPUMP Court 1
10	Cardio Kickbox & Strength FULL COURT	Silver Sneakers Classic Full Court	Intro to Pickleball Full Court		CaRE Court 1		
11		Zumba Gold Court 1	Pickleball Full Court	Pickleball Court 2	Pickleball Court 1		
12 PM		Pickleball Full Court					
1						Silver Sneakers Classic Full Court	
2							
3							
4	Baton Court 1		Basketball Classes Court 1		Total Bo Court	Multi-Sp	
5		Body Pump Court 1		CARDIO KICKBOX AND STRENGTH Full Court			
6		Zumba Full Court	Cardio Cross Training Full Court	Body Pump Court 1	Cardio Cross Training Full Court	Taekwondo (Full Court)	
7							
8							
9							