

Week of Monday, January 30th - Sunday, February 5th, 2012

Time	Mon 30-Jan	Tue 31-Jan	Wed 1-Feb	Thur 2-Feb	Fri 3-Feb	Sat 4-Feb	Sun 5-Feb						
5:00am	Open	Transistion	Open	Transistion	Open	Closed	Closed						
5:30		Strength Class 5:15 - 6am		Strength Class 5:15 - 6am									
6:00am		Express Sculpt 6:05 - 6:35am		Express Sculpt 6:05 - 6:35am									
6:30		Transistion		Transistion									
7:00am	Before School Program 7:00 - 8:30	Before School Program 7:00 - 8:30	Before School Program 7:00 - 8:30	Before School Program 7:00 - 8:30	Before School Program 7:00 - 8:30								
7:30													
8:00am								Open					
8:30	Transistion	Open	Open	Open	Open	Youth Basketball	Open						
9:00am	Cardio Mix 8:45 - 9:45		Strength Class 9:00 - 9:45										
9:30	Open		Open										
10:00am	Open	Open	Open	Open									
10:30	Pre-School 10:15 - 12:30	Pre-School 10:15 - 12:30	Pre-School 10:15 - 12:30	Pre-School 10:15 - 12:30	Pre-School 10:15 - 12:30		Youth Basketball	CYO Basketball					
11:00am													
11:30													
12:00pm													
12:30	Open	Open	Open	Open	Open	Youth Basketball		Open					
1:00pm													
1:30													
2:00pm	After School Program 2:30 - 5:30pm	After School Program 2:30 - 5:30pm	After School Program 2:30 - 5:30pm	After School Program 2:30 - 5:30pm	After School Program 2:30 - 5:30pm		Youth Basketball	Closed					
2:30													
3:00pm													
3:30													
4:00pm						Transistion							
4:30						Closed			Closed				
5:00pm													
5:30	Transistion	Transistion	Transistion	Transistion	Transistion								
6:00pm	Zumba 6:00 - 7:00pm	Youth Basketball	Youth Basketball	Youth Basketball	Youth Basketball	Closed	Closed						
6:30													
7:00pm	Open												
7:30													
7:45 - 8pm													