

	Mon 4/4	Tue 4/5	Wed 4/6	Thu 4/7	Fri 4/8	Sat 4/9	Sun 4/10
6am	Power Flex 6am - 6:45am	Powerflex 6am - 6:45am	Powerflex 6am - 6:45am	Powerflex 6am - 6:45am	Powerflex 6am - 6:45am		
7am							
8am	Yoga 8am - 8:45am	Yoga 8am - 8:45am	Yoga 8am - 8:45am	Yoga 8am - 8:45am	Yoga 8am - 8:45am	Step Class, 7:30am - 8am	Cardio Kick 8am - 8:45am
9am	Water Workout 9am - 9:45am	Silver Sneakers 9am - 9:45am	Water Workout 9am - 9:45am	Silver Sneakers 9:30am - 10:15am	Water Workout 9am - 9:45am	Yoga 9am - 9:45am	
10am	PALS 9:30am - 11am		PALS 9:30am - 10:30am		PALS 9:30am - 10:30am	Pickelball 10am - 12pm	
11am							
12pm							
1pm		Pickelball 1pm - 3pm		Pickelball 12:45pm - 2:45pm			
2pm							
3pm							
4pm							
5pm			Yoga, 5pm - 5:30pm				
6pm	Cardio Kick 5:45pm - 6:45pm		Cardio Kick 5:45pm - 6:45pm				
7pm	Open Basketball 7pm - 9pm	Open Basketball 7pm - 9pm	Open Basketball 7pm - 9pm	Open Basketball 7pm - 9pm	Open Basketball 7pm - 9pm	Open Basketball 7pm - 9pm	Open Basketball 7pm - 9pm
8pm							