



The Court Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:30 6:25									
6:30 8:30									
8:30 9:25				BOOT CAMP					BOOT CAMP
9:30 10:25									
10:30 12:00					YEOP Kids Fitness				
12:00 2:00	Lunchtime Pick Up Hoop		Lunchtime Pick Up Hoop		Lunchtime Pick Up Hoop				
2:00 4:50									
5:00 5:55					ZUMBA!		Teams In Training		
6:00 6:55		BOOT CAMP		Basketball					
7:05 10:55		Women's Basketball League	Basketball League	League					

Court Guidelines

Open Court time is available for Pick-up Basketball or Functional Training.

Children 12 & under must be directly supervised by their parents on the court.

When Personal Trainers are with clients on the TRX Suspension system, keep play to the court's far side.

Basketball players - Please leave Court 10 min before class to allow participants to set up.

Also - Please wait until the court is clear after class before going on the court.

Group Exercise Participants – Please clear court promptly after class to allow Basketball players on.

Thank you all for helping to make the transitions before and after classes smooth & safe.