

JANUARY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December 30	31	January 1	2	3	4	5
	12p-12:30p: HIIT Express 12:30p-12:45p: Abs 5:30p-6:30p: Pilates 6:30p-9p: Pickleball	5:45a-6:45a: Boot Camp 9:15a-10:15a: Pilates 10:15a-11:15a: Hooping 5:30p-6:30p: HIIT	12p-12:30p: HIIT Express 12:30p-12:45p: Abs 5:30p-6:30p: Pilates 6:30p-9p: Pickleball	5:45a-6:45a: Boot Camp 9:15a-10:15a: Pilates 5:30p-6:30p: HIIT	12p-12:30p: HIIT Express 12:30p-12:45p: Abs	9:15a-10:15a: Pilates 10:30a-1p: Pickleball
6	7	8	9	10	11	12
2p-4:30p: BB Practice	12p-12:30p: HIIT Express 12:30p-12:45p: Abs 3:30p-5p: BB Practice 5:30p-6:30p: Pilates 6:30p-9p: Pickleball	5:45a-6:45a: Boot Camp 9:15a-10:15a: Pilates 10:15a-11:15a: Hooping 12:00p-12:45p Swim for Life 3:50p-5:20p: BB Practice 5:30p-6:30p: HIIT 6:40p-8:40p: BB Practice	12p-12:30p: HIIT Express 12:30p-12:45p: Abs 3:30p-5p: BB Practice 5:30p-6:30p: Pilates 6:30p-9p: Pickleball	5:45a-6:45a: Boot Camp 9:15a-10:15a: Pilates 12:00p- 12:45p Swim for Life 1:00p-2:30p MSS PE 3:50p-5:20p: BB Practice 5:30p-6:30p: HIIT 6:40p-8:40p: BB Practice	12p-12:30p: HIIT Express 12:30p-12:45p: Abs 4p-7p: BB Practice	8a-4p: Hoop Shoot
13	14	15	16	17	18	19
2p-4p: BB Practice 4p-6p Pickleball	12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:00p-2:30p MSS PE 3:30p-5p: BB Practice 5:30p-6:30p: Pilates 6:30p-9p: Pickleball	5:45a-6:45a: Boot Camp 9:15a-10:15a: Pilates 10:15a-11:15a: Hooping 12:00p-12:45p Swim for Life 3:50p-5:20p: BB Practice 5:30p-6:30p: HIIT 6:40p-8:40p: BB Practice	12p-12:30p: HIIT Express 12:30p-12:45p: Abs 3:30p-5p: BB Practice 5:30p-6:30p: Pilates 6:30p-9p: Pickleball	5:45a-6:45a: Boot Camp 9:15a-10:15a: Pilates 12:00p- 12:45p Swim for Life 1:00p-2:30p MSS PE 3:50p-5:20p: BB Practice 5:30p-6:30p: HIIT 6:40p-8:40p: BB Practice	12p-12:30p: HIIT Express 12:30p-12:45p: Abs 4p-7p: BB Practice	9:15a-10:15a: Pilates 10:45a-6p: BB GAMES
20	21	22	23	24	25	26
2p-4p: BB Practice 4p-6p Pickleball	12p-12:30p: HIIT Express 12:30p-12:45p: Abs 3:30p-5p: BB Practice 5:30p-6:30p: Pilates 6:30p-9p: Pickleball	5:45a-6:45a: Boot Camp 9:15a-10:15a: Pilates 10:15a-11:15a: Hooping 12:00p-12:45p Swim for Life 3:50p-5:20p: BB Practice 5:30p-6:30p: HIIT 6:40p-8:40p: BB Practice	12p-12:30p: HIIT Express 12:30p-12:45p: Abs 3:30p-5p: BB Practice 5:30p-6:30p: Pilates 6:30p-9p: Pickleball	5:45a-6:45a: Boot Camp 9:15a-10:15a: Pilates 12:00p-12:45p Swim for Life 3:50p-5:20p: BB Practice 5:30p-6:30p: HIIT 6:40p-8:40p: BB Practice	12p-12:30p: HIIT Express 12:30p-12:45p: Abs 4p-7p: BB Practice	9:15a-10:15a: Pilates 10:45a-6p: BB GAMES
27	28	29	30	31	February 1	2
2p-4p: BB Practice 4p-6p Pickleball	12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:00p-2:30p MSS PE 3:30p-5p: BB Practice 5:30p-6:30p: Pilates 6:30p-9p: Pickleball	5:45a-6:45a: Boot Camp 9:15a-10:15a: Pilates 10:15a-11:15a: Hooping 12:00p-12:45p Swim for Life 3:50p-5:20p: BB Practice 5:30p-6:30p: HIIT 6:40p-8:40p: BB Practice	12p-12:30p: HIIT Express 12:30p-12:45p: Abs 3:30p-5p: BB Practice 5:30p-6:30p: Pilates 6:30p-9p: Pickleball	5:45a-6:45a: Boot Camp 9:15a-10:15a: Pilates 12:00p-12:45p Swim for Life 3:50p-5:20p: BB Practice 5:30p-6:30p: HIIT 6:40p-8:40p: BB Practice	12p-12:30p: HIIT Express 12:30p-12:45p: Abs 4p-7p: BB Practice	9:15a-10:15a: Pilates 10:45a-6p: BB GAMES

Times indicated are reserved; additional times are considered open play