<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
</table>
| 8:00-9:30am  
Strong Warrior  
*1st Sunday of every month | Bootcamp  
6:00-7:00 am | Pump It Up!  
6:00-7:00 am | Active Older Adults  
6:15-7:15 am | Pump It Up!  
6:00-7:00 am | Back to Abs  
6:00-6:30am | Shared court with Athletic Conditioning class  
8:00am-9:15am |
| Active Older Adults  
8:30-9:15 am | Zumba  
9:00-10:00am | Active Older Adults  
8:30-9:15 am | | | Adult Volleyball  
7:00-8:30am | Bootcamp  
9:00-10:00 am |
| Pump It Up!  
9:15-10:00 am | Butt and Gut  
10:00-11:00am | Zumba  
9:15-10:15 am | African Caribbean Dance  
9:00-10:00am | | | |
| Adult Basketball  
10:30am-1:00 pm | Zumba  
10:00-11:00 am | Adult Basketball  
11:00am-2:30 pm | Pump It Up  
10:15-11:15 am | Strength, Endurance and Balance  
10:15-11:15 am | Pump It Up!  
9:15-10:15 am | Adult Basketball  
10:00am-12:30pm |
| Pickle Ball  
11:00am-12:15pm | Adult Basketball  
11:00am-2:30 pm | Teen Open Gym  
2:30-3:45pm | Adult Basketball  
11:15am-2:30 pm | Pickle Ball  
11:15am-12:30pm | | Family Sports  
12:30-1:00pm |
| Intramural Volleyball  
1:00-3:00pm | Adult Basketball  
12:15-2:30 pm | She Got Game 1  
3:45-4:30pm | Teen Open Gym  
2:30-3:45pm | Adult Basketball  
12:30-2:30 pm | Adult Basketball  
12noon-2:30 pm | Panthers Practice  
1:00-3:00pm |
| Youth Open Gym  
3:00-4:00pm | Teen Open Gym  
2:30-3:45pm | She Got Game 2  
4:30-5:15pm | Rookie Basketball  
3:45-4:30pm | Teen Open Gym  
2:30-4:00pm | | |
| Teen Open Gym  
4:00-5:00pm | All-Star Basketball  
3:45-4:30pm | Bump, Set, Spike 2  
5:15-6:00pm | Starter Basketball  
4:30-5:15pm | 60 Min Skills  
4:00-5:00pm | Panthers Practice  
4:30-8:00pm | |
| Family Open Gym  
6:00-7:00pm | Starter Basketball  
4:30-5:15pm | Ultimate Sports  
6:00-6:45pm | Bump, Set, Spike 1  
5:15-6:00pm | Panthers practice  
5:00-6:00pm | Teen Open Gym  
8:00-10:00pm | Teen Open Gym  
4:00pm-6:00pm |
| Panthers practice  
5:15-6:15pm | | | | | | Family Open Gym  
6-7:00pm |
| Circuit Training  
6:15-7:15pm | Zumba  
7:00-8:00pm | Adult Basketball  
7:15-10:00 pm | | Zumba  
7:00-8:00 pm | | |
| Adult Basketball  
7:15-10:00 pm | | | | | | |

Effective March 2nd - April 26th (subject to change)