WHAT'S ON

THURS

THIS IS A LIVING DOCUMENT.

DATES/EVENTS/TIMES SUBJECT TO CHANGE.

THANK YOU FOR UNDERSTANDING.

OFFICE HOURS
MON-FRI 8:00AM — 3:00PM

MAY '24

CA	F	F

MON

7:00 AM - 1:00PM

ISF - STRENGTH

5:00AM 9:15AM 6:00AM 4:45PM 7:00AM 5:45PM

PICKLEBALL

8:00AM-12:00PM

MCC TOTS: MOTHER'S GROUP

9:00AM-11:00AM

CLASSICAL BALLET

(TODDLERS/PRE-SCHOOL)
9:15AM-10:15AM

STRENGTH POTENTIAL

3:00PM-5:30PM

BASKETBALL

B.E.S.T ACADEMY 3:30PM-5:30PM

NETBALL

MIXED

6:00PM-7:30PM

CAFE

TUES

7:00 AM - 1:00PM

ISF - PERFORM

5:00AM 9:15AM 6:00AM 4:45PM 5:45PM

PICKLEBALL

8:00AM-12:00PM

BNI POWERHOUSE

6:45AM

BABY SENSORY

8:00AM-2:00PM

MOVE FOR LIFE

9:00AM-10:00AM

AQUA FITNESS

9:00AM-10:00AM

FORMED MOVEMENT

3:30PM-8:30PM

BASKETBALL

MIXED

6:00PM-9:00PM

CAFE

WED

7:00 AM - 1:00PM

ISF - INTERVAL

5:00AM 9:15AM 6:00AM 4:45PM 7:00AM 5:45PM

ISF - YOGA

5:30 AM - 7:30AM

PICKLEBALL

8:00AM-12:00PM

RAISING MAMAS

8:30AM-12:30PM

WISE WORX

9:00AM-4:00PM

FORMED MOVEMENT

3:30PM-6:30PM

ALPHA

6:45PM

SOCCER

MIXED

6:00PM-8:15PM

CAFE CAFE

7:00 AM - 1:00PM

ISF - STRENGTH

5:00AM 9:15AM 6:00AM 4:45PM 5:45PM

PICKLEBALL

8:00AM-12:00PM

AQUA FITNESS

9:15AM-10:00AM

CREATIVE

7:00PM-9:00PM

Έ (

7:00 AM - 1:00PM

FRI

ISF - PERFORM

5:00AM 9:15AM 6:00AM 4:30PM 7:00AM

PICKLEBALL

8:00AM-12:00PM

BNI AURA

6:45AM

RAISING MAMAS

8:30AM-12:30PM

MOVE FOR LIFE

9:00AM-10:00AM

CLASSICAL BALLET

(TODDLERS/PRE-SCHOOL)
9:15AM-10:15AM

FORMED MOVEMENT (Stage Pre'sence)

YOUTH

7:00PM-9:00PM

CAFE

SAT

7:00 AM - 12:00PM

ISF - INTERVAL

6:30AM

AQUA ZUMBA

8:00AM-9:00AM

CLASSICAL BALLET

(TODDLERS/PRE-SCHOOL) 8:30AM-10:30AM

PICKLEBALL

9:00AM-11:00AM

CAFE

SUN

8:30 AM - 12:00PM

SUNDAY SERVICE

9:30AM - 11:00AM