

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Ball Skills (4-5 years) 10:00 AM Active Hall	Little Athletes (4-5 years) 3:00 PM Active Hall	Circuit Fun (6-8 years) 4:00 PM Active Hall	Fun Combo (4-5 years) 3:00 PM Active Hall	Ball Skills (6-8 years) 3:00 PM Active Hall	GYMstar Gymnastics (4-5 years) 3:00 PM Active Hall
Fun Combo (6-8 years) 11:00 AM Active Hall	GYMstar Gymnastics (6-8 years) 4:00 PM Active Hall	Ball Skills (12-14 years) 5:00 PM Active Hall	Circuit Fun (9-11 years) 4:00 PM Active Hall	Boot Camp (12-14 years) 4:00 PM FS3	Boot Camp (9-11 years) 4:00 PM Active Hall
Fun Games (12-14 years) 3:00 PM Active Hall	Ball Skills (9-11 years) 5:00 PM Active Hall	Tabata (15-17 years) 5:00 PM Active Hall		Body Shape (15-17 years) 5:00 PM Active Hall	
Fun Games (15-17 years) 4:00 PM Active Hall					

- LOW INTENSITY
- MEDIUM INTENSITY
- HIGH INTENSITY