ABILITIES CENTRE COURT ACTIVITY 2018 SCHEDULE

Week of April 16 - April 22

Abilities Centre reserves the right to change/adjust the court schedule at any time without notice

MONDAY 16	Court 1	Court 2	Court 3
8AM			
9AM			
10AM	Preschool Programs	THRIVE	Dance Fit
11AM			Strength & Stretch
12PM			
1PM		THRIVE	Pickleball ($)
2PM			
3PM			
4PM			ASAD
5PM	Boccia		
6PM	Preschool & Child Sports & Games		HIIT
7PM			Zumba
8PM			OBA
9PM			
10PM	CLOSED		

TUESDAY 17	Court 1	Court 2	Court 3
8AM			
9AM			
10AM			Pump It
11AM	RM/CM		ASAD
12PM			
1PM	TIME		Guns n' Glutes
2PM	TIME	THRIVE	
3PM			ASAD
4PM			
5PM			
6PM		Child Sports and Games	Body Sculpt
7PM			Zumba Dance Party
8PM	Rugby Ontario		
9PM			Basketball
10PM	CLOSED		

WEDNESDAY 18	Court 1	Court 2	Court 3
8AM			
9AM			Strength & Stretch
10AM	Field Trip	THRIVE	Body Sculpt 1/2 Court Preschool
11AM		THRIVE	Strength & Stretch
12PM			
1PM	TIME		
2PM	THRIVE		
3PM	THRIVE		Pickleball ($)
4PM			
5PM			ASAD
6PM	ASC Sports Night	Child Sports & Games	20/20/20
7PM			
8PM			
9PM		Men's Basketball	
10PM	CLOSED		

THURSDAY 19	Court 1	Court 2	Court 3
8AM			
9AM			
10AM			20/20/20
11AM	RM/CM	THRIVE	ASAD
12PM			
1PM	TIME		
2PM	TIME	THRIVE	
3PM			ASAD
4PM			
5PM	IFP		
6PM		Child Sports & Games	Pump It
7PM			
8PM	JT Team Training		
9PM		Men's Basketball	
10PM	CLOSED		

FRIDAY 20	Court 1	Court 2	Court 3
8AM			
9AM			
10AM	Preschool Programming		Body Sculpt
11AM	RM/CM	THRIVE	
12PM	TIME	Sledge Hockey	
1PM		THRIVE	Pickleball
2PM			
3PM			
4PM			
5PM	ASADD		
6PM			Badminton
7PM			
8PM			
9PM			
10PM	CLOSED		

SATURDAY 21	Court 1	Court 2	Court 3
8AM	Blue Jays Baseball		
9AM			STRONG 1/2 CSG
10AM			Zumba 1/2 CSG
11AM			
12PM			
1PM			
2PM			
3PM			
4PM			STEAMS - Badminton
5PM			
6PM			
7PM			OBA
8PM	CLOSED		
9PM			
10PM			

SUNDAY 22	Court 1	Court 2	Court 3
8AM	Blue Jays Baseball		
9AM			Preschool & Child Sports & Games 1/2 Body Sculpt
10AM			
11AM			
12PM			
1PM			
2PM			Family Badminton
3PM			
4PM			
5PM			
6PM			
7PM		OBA	
8PM	CLOSED		
9PM			
10PM			