# ABILITIES CENTRE COURT ACTIVITY 2017 SCHEDULE

## Week of December 4 - December 10

| | MONDAY 4 | | |
|---|---|---|---|
| | Court 1 | Court 2 | Court 3 |
| 8AM | | | |
| 9AM | | | |
| 10AM | Preschool Programming | | Dance Fit |
| 11AM | | | Strength n' Stretch |
| 12PM | | | |
| 1PM | | THRIVE | Pickleball ($) |
| 2PM | | | |
| 3PM | | THRIVE | |
| 4PM | | | |
| 5PM | | | ASAD |
| 6PM | Preschool and Child Sports and Games | | HIIT |
| 7PM | | | Zumba |
| 8PM | | | OBA |
| 9PM | | | |
| 10PM | CLOSED | | |

| | TUESDAY 5 | | |
|---|---|---|---|
| | Court 1 | Court 2 | Court 3 |
| 8AM | | | |
| 9AM | | | |
| 10AM | | ASAD | Pump It |
| 11AM | RM/CM 1/2 THRIVE | | THRIVE |
| 12PM | TIME | | Guns N Glutes |
| 1PM | | | |
| 2PM | TIME | THRIVE | |
| 3PM | | | ASAD |
| 4PM | | | |
| 5PM | | | |
| 6PM | | Preschool & Child Sports and Games | Body Sculpt |
| 7PM | | | Zumba |
| 8PM | | | Lara Degraauw |
| 9PM | | | |
| 10PM | CLOSED | | |

| | WEDNESDAY 6 | | |
|---|---|---|---|
| | Court 1 | Court 2 | Court 3 |
| 8AM | | | |
| 9AM | | | Strength n Stretch |
| 10AM | Preschool Program | THIRVE | Body Sculpt |
| 11AM | | THRIVE | Strength n Stretch |
| 12PM | TIME | Acecessibility Awareness | |
| 1PM | THRIVE | | Pickleball ($) |
| 2PM | | | |
| 3PM | | | |
| 4PM | | | ASAD |
| 5PM | | | |
| 6PM | ASC Sports Night | Grandview Sports Night | 20/20/20 1/2 Preschool & Child |
| 7PM | | | Preschool & Child Sports and Games |
| 8PM | | | OBA |
| 9PM | | OBA | |
| 10PM | CLOSED | | |

| | THURSDAY 7 | | |
|---|---|---|---|
| | Court 1 | Court 2 | Court 3 |
| 8AM | | | |
| 9AM | | | |
| 10AM | | ASAD | 20/20/20 |
| 11AM | RM/CM | | |
| 12PM | TIME | | |
| 1PM | | THRIVE | |
| 2PM | TIME | | ASAD |
| 3PM | | THRIVE | |
| 4PM | | | |
| 5PM | | | |
| 6PM | | Child and Preschool Sports and Games | Pump It |
| 7PM | OBA | | |
| 8PM | | Basketball | |
| 9PM | | | |
| 10PM | CLOSED | | |

| | FRIDAY 8 | | |
|---|---|---|---|
| | Court 1 | Court 2 | Court 3 |
| 8AM | | | |
| 9AM | | | |
| 10AM | Preschool Programs | | Body Sculpt |
| 11AM | RM/CM | | |
| 12PM | TIME | | |
| 1PM | | | Pickleball ($) |
| 2PM | | | |
| 3PM | THRIVE | | |
| 4PM | | | |
| 5PM | ASAD | | |
| 6PM | | | Family Badminton |
| 7PM | Durham Region Soccer Association | | |
| 8PM | | | |
| 9PM | | | |
| 10PM | CLOSED | | |

| | SATURDAY 9 | | |
|---|---|---|---|
| | Court 1 | Court 2 | Court 3 |
| 8AM | Child and Preschool Sports and Games | | |
| 9AM | | | HITT |
| 10AM | | | Zumba |
| 11AM | | Big Brother Big Sisters | |
| 12PM | Birthday Party | | |
| 1PM | | | |
| 2PM | | | |
| 3PM | | | |
| 4PM | | | |
| 5PM | | | |
| 6PM | | | |
| 7PM | | | |
| 8PM | | | |
| 9PM | CLOSED | | |
| 10PM | | | |

| | SUNDAY 10 | | |
|---|---|---|---|
| | Court 1 | Court 2 | Court 3 |
| 8AM | | | |
| 9AM | Preschool and Child Sports and Games | | Body Sculpt |
| 10AM | | VHC | Indoor Sports Program |
| 11AM | | | |
| 12PM | | | |
| 1PM | | | |
| 2PM | | | Family Badminton |
| 3PM | | | |
| 4PM | | | |
| 5PM | | | |
| 6PM | | | |
| 7PM | | | |
| 8PM | | | |
| 9PM | CLOSED | | |
| 10PM | | | |