ABILITIES CENTRE COURT ACTIVITY 2018 SCHEDULE

Week of May 14 - May 20

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

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

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

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

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

FRIDAY 11	Court 1	Court 2	Court 3
8AM			
9AM			
10AM	Preschool Programs		Body Sculpt
11AM	RM/CM		THRIVE
12PM	TIME		
1PM		THRIVE	Pickleball
2PM			
3PM			
4PM			
5PM	ASAD		Badminton
6PM			
7PM	Basketball		
8PM			
9PM			
10PM	CLOSED		

SATURDAY 12	Court 1	Court 2	Court 3
8AM			
9AM	Preschool & Child Sports & Games		STRONG
10AM			Zumba
11AM			
12PM			
1PM	Court Rental		
2PM			
3PM			
4PM			
5PM			
6PM			
7PM			
8PM	CLOSED		
9PM			
10PM			

SUNDAY 13	Court 1	Court 2	Court 3
8AM			
9AM	Preschool & Child Sports & Games 1/2 Body Sculpt		Body Sculpt
10AM			
11AM			
12PM			
1PM			
2PM			Family Badminton
3PM			
4PM			
5PM			
6PM			
7PM			
8PM	CLOSED		
9PM			
10PM			