

ABILITIES CENTRE COURT ACTIVITY 2018 SCHEDULE

Week of October 8 - October 14

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

	MONDAY 8				TUESDAY 9				WEDNESDAY 10				THURSDAY 11				FRIDAY 12				SATURDAY 13				SUNDAY 14											
	Court 1	Court 2	Court 3		Court 1	Court 2	Court 3		Court 1	Court 2	Court 3		Court 1	Court 2	Court 3		Court 1	Court 2	Court 3		Court 1	Court 2	Court 3		Court 1	Court 2	Court 3									
8AM				8AM				8AM				8AM				8AM				8AM				8AM												
9AM				9AM				9AM	Strength & Stretch			9AM				9AM				9AM				9AM												
10AM	Zumba	Child & Preschool Sports & Games		10AM	Cardio Pump	ASAD Basketball	THRIVE	10AM	Body Sculpt	THRIVE		10AM	20/20/20	ASAD Basketball	THRIVE	10AM	Body Sculpt		10AM	Body Sculpt			10AM	STRONG	Child Sports & Games 8:45-11:15		10AM	Body Sculpt			10AM					
11AM	Strength & Stretch			11AM	RM/CM			11AM	Strength & Stretch	THRIVE		11AM	RM/CM			11AM	Strength & Stretch		11AM	Strength & Stretch			11AM					11AM					11AM			
12PM				12PM				12PM				12PM				12PM				12PM				12PM				12PM					12PM			
1PM				1PM	TIME			1PM	TIME			1PM	TIME			1PM	TIME		1PM				1PM				1PM					1PM				
2PM				2PM	TIME		THRIVE	2PM	THRIVE			2PM	TIME			2PM				2PM				2PM				2PM					2PM			
3PM				3PM				3PM				3PM		THRIVE		3PM		THRIVE	Pickleball (\$)	3PM				3PM				3PM					3PM			
4PM				4PM				4PM				4PM				4PM				4PM				4PM				4PM					4PM			
5PM				5PM				5PM	Grandview	ASAD Basketball		5PM				5PM		ASAD Basketball		5PM				5PM				5PM					5PM			
6PM				6PM				6PM				6PM				6PM				6PM				6PM				6PM					6PM			
7PM				7PM	Total Body Circuit	Supervised Unstructured Play		7PM	SWITCH	Supervised Unstructured Play	TR Active	7PM	Body Sculpt	Supervised Unstructured Play		7PM				7PM				7PM				7PM					7PM			
8PM				8PM	Zumba Dance Party	Child Sports & Games		8PM		Child Sports & Games		8PM	Zumba Dance Party	Child Sports & Games		8PM				8PM				8PM				8PM					8PM			
9PM				9PM			Basketball	9PM		Drop-In Men's Basketball		9PM			Basketball	9PM				9PM				9PM				9PM					9PM			
10PM				10PM				10PM				10PM				10PM				10PM				10PM				10PM					10PM			