ABILITIES CENTRE COURT ACTIVITY 2018 SCHEDULE

Week of September 10 - September 16

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

MONDAY 10	Court 1	Court 2	Court 3
8AM			
9AM	Dance Fit		
10AM			
11AM			
12PM			
1PM			Pickleball ($)
2PM			
3PM		THRIVE	
4PM		ASAD Basketball	
5PM	Boccia		
6PM			
7PM	HIIT	Child Sports & Games	
8PM			
9PM	OBA		STEAMS Badminton
10PM	CLOSED		

TUESDAY 11	Court 1	Court 2	Court 3
8AM			
9AM			THRIVE
10AM	Cardio Pump	ASAD Basketball	
11AM	RM/CM		
12PM	TIME		
1PM			THRIVE
2PM	TIME		
3PM			
4PM			
5PM			
6PM			
7PM	Total Body Circuit	Child Sports & Games	
8PM	Zumba Dance Party		
9PM			
10PM	CLOSED		

WEDNESDAY 12	Court 1	Court 2	Court 3
8AM			
9AM	Strength & Stretch		
10AM	Body Sculpt	THRIVE	
11AM	Strength & Stretch	THRIVE	
12PM	TIME		
1PM	THRIVE		
2PM			Pickleball ($)
3PM			
4PM		ASAD Basketball	
5PM			
6PM			
7PM	SWITCH	Child Sports & Games	TR Active Connection
8PM			
9PM			
10PM	CLOSED		

THURSDAY 13	Court 1	Court 2	Court 3
8AM			
9AM			THRIVE
10AM	20/20/20	ASAD Basketball	
11AM	RM/CM		
12PM	TIME		Region of Durham
1PM			
2PM	TIME		
3PM		THRIVE	
4PM	ASAD Basketball		
5PM			
6PM			
7PM	20/20/20	Child Sports & Games	
8PM	Zumba Dance Party		
9PM			
10PM	CLOSED		

FRIDAY 14	Court 1	Court 2	Court 3
8AM			
9AM			
10AM	Body Sculpt		
11AM	Strength & Stretch		
12PM	TIME	Region of Durham	
1PM			
2PM			Pickleball
3PM		THRIVE	
4PM		ASAD Basketball	
5PM			
6PM			Badminton
7PM			
8PM			
9PM			
10PM	CLOSED		

SATURDAY 15	Court 1	Court 2	Court 3
8AM			
9AM	STRONG	Child Sports & Games	
10AM	Zumba		
11AM			
12PM			
1PM			
2PM			
3PM			
4PM			STEAM Youth Badminton
5PM			
6PM			
7PM			
8PM			
9PM	CLOSED		
10PM			

SUNDAY 16	Court 1	Court 2	Court 3
8AM			
9AM	Body Sculpt		Child Sports & Games
10AM			
11AM			
12PM			
1PM			
2PM			Family Badminton
3PM			
4PM			
5PM			
6PM			
7PM			
8PM			
9PM	CLOSED		
10PM			