



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIVE POINTS BRANCH SPRING GYM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Active Older Adults 9:00-10:00am Linda	Action Against Arthritis 8am-9am Linda	Active Older Adults 9:00-10:00am Linda	Action Against Arthritis 8am-9am Linda	Zumba Gold 9:15am-10am	Pee Wee Basketball (Ages 5-7) 9am-9:45am
Enhance Fitness 10:15am-11:15am Linda	Action Against Arthritis 9:15am-10:15am Linda	Enhance Fitness 10:15am-11:15am Linda	Action Against Arthritis 9:15am-10:15am Linda	Enhance Fitness 10:15am-11:15am Linda	Youth Basketball (Ages 8-12) 10am-10:45am
Child Care 11:30am-12:15am	Tai Chi 10:30-11:30am Linda	Child Care 11:30am-12:15am	Tai Chi 10:30-11:30am Linda	Child Care 11:30am-12:15am	Youth Soccer (Ages 8-12) 11am-11:45am
Open Gym 1pm-3pm	Childcare 11:30-12:15pm	Open Gym 1pm-3pm	Childcare 11:30-12:15pm	Open Gym 2:30pm-4:30pm	Pee Wee Soccer (Ages 5-7) 12pm-12:45pm
Child Care 3pm-4:35pm	Open Gym 1pm-3pm	Child Care 3pm-5:30pm	Open Gym 1pm-3pm	Child Care 4:30pm-6pm	Gymnastics (Ages 4-5) 1pm-2pm
Open Gym 4:45pm-8pm	Child Care 3pm-5pm	Tae Kwon Do (Ages 5+ beginner) 5:45pm-6:30pm George	Child Care 3pm-5pm	Open Gym 6pm-8pm	Gymnastics (Ages 6-12) 2pm-3pm
	Basketball Open Gym 5pm-6:15pm	Tae Kwon Do (Ages 5-12 Yellow stripe +) 6:30pm-7:15pm George	Youth Basketball Class 5pm-5:45pm		
	Tae Kwon Do (Ages 5-12 yellow stripe+) 6:30-7:15pm George		Soccer Open Gym 6pm-8pm		

Schedule is subject to change.