

Soar Activity Schedule

Monday

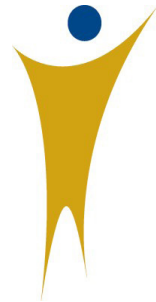
8:00 a.m.	Body Resistance Training
9:00 a.m.	Tabata
10:00 a.m.	Cardio Blast
11:00 a.m.	Barre None
12:00 p.m.	Basketball: Adult Drop-In
1:00 p.m.	Pickleball
3:00 p.m.	Basketball: Teen Drop-In
4:00 p.m.	Basketball: Open Shoot/Rock Climbing
5:45 p.m.	Cardio Kickboxing
6:35 p.m.	Barre None
7:35 p.m.	Body Sculpting
8:15 p.m.	Volleyball: Drop-In

Tuesday

5:45 a.m.	30-Minute Blast
6:30 a.m.	Basketball: Adult Drop-In
12:00 p.m.	Basketball: Open Shoot
3:00 p.m.	Tiny Tot Playgroup
4:30 p.m.	Hip-Hop Conditioning
5:30 p.m.	Z-Box
6:30 p.m.	POUND
7:30 p.m.	PiYo
8:30 p.m.	Dodgeball: Drop-In

Wednesday

5:45 a.m.	PiYo
9:00 a.m.	Tabata
10:00 a.m.	Cardio Blast
11:00 a.m.	Barre None
12:00 p.m.	Basketball: Adult Drop-In
1:00 p.m.	Pickleball
3:00 p.m.	Basketball: Teen Drop-In
5:45 p.m.	Cardio Kickboxing
6:30 p.m.	Tabata
7:10 p.m.	Foam Roller
7:35 p.m.	Body Sculpting
8:15 p.m.	Basketball: Adult Drop-In



Thursday

5:45 a.m.	30-Minute Blast
8:00 a.m.	Body Resistance Training
12:00 p.m.	Basketball: Open Shoot
5:30 p.m.	Z-Box
6:30 p.m.	Zumba
7:15 p.m.	Body Sculpting
8:00 p.m.	Basketball: Adult Drop-In

Friday

7:00 a.m.	Basketball: All Ages Drop-In
9:00 a.m.	Cardio Blast
10:00 a.m.	H.I.I.T.
11:00 a.m.	Tiny Tot Playgroup
12:00 p.m.	Basketball: Adult Drop-In
1:00 p.m.	Pickleball
3:00 p.m.	Basketball: Teen Drop-In
4:00 p.m.	Basketball: Open Shoot/Rock Climbing
5:45 p.m.	Body Sculpting
6:45 p.m.	Basketball: Teen Drop-In

Saturday

7:00 a.m.	Basketball: All Ages Drop-In
8:10 a.m.	Bootcamp
8:10 a.m.	PiYo
9:00 a.m.	Zumba
10:00 a.m.	Strength & Stability
11:00 a.m.	Basketball: Adult Drop-In
12:00 p.m.	Basketball: Open Shoot/Rock Climbing
1:30 p.m.	Volleyball: Drop-In

Sunday

9:00 a.m.	Volleyball: Drop-In
10:45 a.m.	Basketball: All Ages Drop-In
1:00 p.m.	Basketball: Open Shoot
3:30 p.m.	Basketball: Adult Drop-In