

# Soar Activity Schedule

## Monday

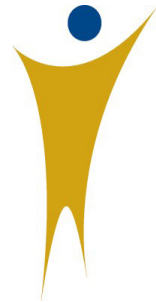
9:00 a.m.	Tabata
10:00 a.m.	Cardio Blast
11:00 a.m.	Barre None
12:00 p.m.	Basketball:Adult Drop-In
1:00 p.m.	Pickleball
3:00 p.m.	Basketball: Teen Drop-In
4:00 p.m.	Basketball: Open Shoot/Rock Climbing
5:00 p.m.	Zumba
5:45 p.m.	PiYo
6:30 p.m.	Cardio Kickboxing
7:30 p.m.	Volleyball: Drop-In

## Tuesday

5:45 a.m.	30-Minute Blast
6:30 a.m.	Basketball:Adult Drop-In
8:00 a.m.	Strength & Stability
12:00 p.m.	Basketball: Open Shoot
3:00 p.m.	Tiny Tot Playgroup
5:30 p.m.	Z-Box
6:30 p.m.	POUND
7:30 p.m.	Basketball:Adult 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
4:30 p.m.	Cardio Kickboxing
5:45 p.m.	Tabata
6:30 p.m.	Foam Roller
7:30 p.m.	Volleyball: Drop-In



## Thursday

5:45 a.m.	30-Minute Blast
8:00 a.m.	Strength & Stability
12:00 p.m.	Basketball: Open Shoot
5:30 p.m.	Zumba
6:30 p.m.	POUND
7:30 p.m.	Basketball:Adult Drop-In

## Friday

5:45 a.m.	Cardio Kickboxing
7:00 a.m.	Basketball: All Ages Drop-In
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
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.	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
12:00 p.m.	Basketball: Open Shoot
1:00 p.m.	Birthday Parties by reservation
3:30 p.m.	Basketball:Adult Drop-In