



THE SHED SPORT COURT SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	VINYASA YOGA 9 AM - 10 AM	HITT 45 MIN CARDIO 8:15 AM - 9 AM	VINYASA YOGA 9 AM - 10 AM	HITT 45 MIN CARDIO 8:15 AM - 9 AM	VINYASA YOGA 9 AM - 10 AM	
		SCULPT & TONE 9:15 AM - 10:15 AM		SCULPT & TONE 9:15 AM - 10:15 AM		PILATES 9:15 AM - 10:15 AM
					TAI CHI QIGONG 10:30 AM	
PICKLEBALL 12 PM - 2 PM	PICKLEBALL 12 PM - 4 PM	PICKLEBALL 12 PM - 4 PM	PICKLEBALL 12 PM - 4 PM	PICKLEBALL 12 PM - 4 PM	PICKLEBALL 12 PM - 4 PM	PICKLEBALL 12 PM - 2 PM

*OPEN COURT AVAILABLE ALL OTHER TIMES