



October 2019

Social Hall Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 6pm - 7pm Boot Camp	2 Open	3 6pm - 7pm Boot Camp	4 Open	5 10am - 11am Adult Martial Arts 11am - 12pm Youth Martial Arts
6 Open	7 8:30am - 9:15am SilverSneakers 9:30am - 10:15am Group Strength 6:00pm -7pm Group Strength	8 6pm - 7pm Boot Camp	9 8:30am - 9:15am SilverSneakers 9:30am - 10:15am Group Strength 6:00pm -7pm Group Strength	10 6pm - 7pm Boot Camp	11 8:30am - 9:15am SilverSneakers 9:30am - 10:15am Group Strength 6:00pm -7pm Group Strength	12 10am - 11am Adult Martial Arts 11am - 12pm Youth Martial Arts
13 Open	14 8:30am - 9:15am SilverSneakers 9:30am - 10:15am Group Strength 6:00pm -7pm Group Strength	15 6pm - 7pm Boot Camp	16 8:30am - 9:15am SilverSneakers 9:30am - 10:15am Group Strength 6:00pm -7pm Group Strength	17 6pm - 7pm Boot Camp	18 8:30am - 9:15am SilverSneakers 9:30am - 10:15am Group Strength 6:00pm -7pm Group Strength	19 10am - 11am Adult Martial Arts 11am - 12pm Youth Martial Arts
20 Open	21 8:30am - 9:15am SilverSneakers 9:30am - 10:15am Group Strength 6:00pm -7pm Group Strength	22 6pm - 7pm Boot Camp	23 8:30am - 9:15am SilverSneakers 9:30am - 10:15am Group Strength 6:00pm -7pm Group Strength	24 6pm - 7pm Boot Camp	25 8:30am - 9:15am SilverSneakers 9:30am - 10:15am Group Strength 6:00pm -7pm Group Strength th	26 10am - 11am Adult Martial Arts 11am - 12pm Youth Martial Arts
27 Open	28 8:30am - 9:15am SilverSneakers 9:30am - 10:15am Group Strength 6:00pm -7pm Group Strength	29 6pm - 7pm Boot Camp	30 8:30am - 9:15am SilverSneakers 9:30am - 10:15am Group Strength 6:00pm -7pm Group Strength	31 6pm - 7pm Boot Camp		

Times not designated are for “Open Use”
 However, the schedule could change without prior notice.