Walker Group Exercise Schedule

Winter Schedule January 11th - April 10th
Located in W.O. Walker Fitness Center

Sport Teams & Leagues

Monday		
6:30-7:15 AM		Yoga - Laura
12:30-2:00 PM	Full Court B-ball	
5:15-6:00 PM		
5:30-6:15 PM	Zumba - Samira	
6:30-7:15 PM	Pilates - Anson	
6:30-8:30	Full Court B-ball	

Tuesday		
6:00-8:00 AM	Half Court B-ball	
6:00-6:45 AM	Cycling - Kristy	
7:15-8:00 AM	Cardio Kick - Julia	
12:30-2:00 PM	Full Court B-Ball	
5:00-7:45 PM	Table Tennis League	
5:15-6:00 PM		Cycling - Ann
6:15- 7:00 PM		
6:30-8:30 PM	Full Court B-Ball	
6:30-7:15 PM	Aqua Circuit - Barbara	

Wednesday		
6:30-7:15 AM		Yoga - Laura
12:30-2:00 PM	Full Court B-ball	
5:00-7:45 PM	Volleyball League	
5:00-5:45 PM	Total Tone - Kristy	
5:45-6:30 PM	Cycling - Kristy	
6:30-7:15 PM	Pilates - Anson	

Thursday		
6:00-8:00 AM	Half Court B-ball	
6:00-6:45 AM	Cycling - Kristy	
12:30-2:00 PM	Full Court B-ball	
5:30-6:15pm	Cycling - Anson	
5:30-6:15 PM	Aqua Circuit- Barbara	
6:30-7:15 PM	Swim Lessons - Barbara	

Friday		
6:30-7:15 AM		
12:00-2:00 PM	Full Court B-ball	
6:30-7:45 PM	Full Court B-ball	
5:30-6:15 PM	Zumba - Samira	

Saturday		
9:30-10:15 AM	Cycling - Kristy	
10:15-11:00 AM	Total Tone - Kristy	