

Arena (Field House) Schedule

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM							
5:30 AM							Closed
6:00 AM							
6:30 AM	Closed						
7:00 AM							
7:30 AM							
8:00 AM			Senior Strength		Senior Strength		
8:30 AM			8-9:00AM		8-9:00AM		
9:00 AM							
9:30 AM							
10:00 AM	Check for Birthday Parties on Weekends						Check for Birthday Parties on Weekends
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM		Resistance Run				Resistance Run	
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM		Jr. Flag Football		Jr. Flag Football			
4:30 PM							
5:00 PM			Y's Guys & Gals	Youth Super Soccer Class	Y's Guys & Gals		
5:30 PM		Tiny T-Ball					
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM	Closed						
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM							