

BROOKFIELD MULTI-SPORT COURT SCHEDULE FALL 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY					
5:00 AM	OPEN 5am	OPEN 5am	OPEN 5am	OPEN 5am	OPEN 5am			5:00 AM				
5:45 AM		Boot Camp 5:45-6:45		Boot Camp 5:45-6:45	Les Mills Body Pump 5:45-6:45			5:45 AM				
6:00 AM								6:00 AM				
6:15 AM		6:15 AM										
6:30 AM		6:30 AM										
6:45 AM		6:45 AM										
7:00 AM		OPEN 7am		OPEN 7am	7:00 AM							
7:15 AM		Les Mills Body Pump 7:15-8:15			7:15 AM							
7:30 AM		7:30 AM										
7:45 AM	7:45 AM											
8:00 AM	8:00 AM											
8:15 AM							8:15 AM					
8:30 AM							8:30 AM					
8:45 AM							Les Mills Body Pump 8:30-9:30	8:45 AM				
9:00 AM							9:00 AM					
9:15 AM	Les Mills Body Pump 8:45-9:30	Les Mills Body Attack 8:45-9:45	Les Mills Body Pump 8:45-9:45	S3 8:45-9:45	Burn and Firm 8:45-9:45			9:45 AM				
9:30 AM								Les Mills Body Attack 9:15-10:15	Adult Open Volleyball 9:30-12:30	9:30 AM		
9:45 AM	Kickboxing 9:45-10:45		CS60 9:45-10:45					9:45 AM				
10:00 AM												10:00 AM
10:15 AM												10:15 AM
10:30 AM												10:30 AM
10:45 AM												10:45 AM
11:00 AM												11:00 AM
11:15 AM		Circuit Training 11:15-12						11:45 AM				
11:30 AM								11:30 AM				
NOON	HIIT		LM Body Pump					NOON				
12:30 PM	12:15-1		12:15-1					12:30 PM				
1:00 PM								1:00 PM				
1:30 PM								1:30 PM				
2:00-5:15PM								2:00-5:00PM				
5:30 PM	Boot Camp JR. 5:15-5:45	Les Mills Body Pump 5:15-6:15	Zumba 5:15-6:15	Les Mills Body Pump 5:15-6:15				5:30 PM				
5:45 PM										5:45 PM		
6:00 PM	Men's Basketball League 6-9										6:00 PM	
6:15 PM											6:15 PM	
6:30 PM											6:30 PM	
7:00 PM								Adult Open Volleyball 7-9			7:00 PM	
7:30 PM											7:30 PM	
8:00 PM								CLOSE 8pm			8:00 PM	
8:30 PM								8:30 PM				
9:00 PM	CLOSE 9pm	CLOSE 9pm	CLOSE 9pm	CLOSE 9pm				9:00 PM				