

## **THREE OAKS PARK - ADULTS**

### **Monday**

> Adult open clinic 11 am

### **Tuesday**

> Cardio 7:15am

> Adult class 6-7:30 pm (Advance sign up required)

### **Wednesday**

> Cardio 7:00am

> Adult Intermediate/advanced 10 am-11:30

### **Thursday**

> Cardio 7am

> Adult Open clinic 8:30-10am

> Adult class 6-7:30pm (Advance sign up required)

### **Friday**

> Cardio 7am

> Adult intermediate/advanced 8:30-10am

> Beginners 10-11:30

### **Saturday**

> Cardio 7:45am

## **RUTENBURG PARK - Adult clinics (Advance sign up required)**

### **Monday**

> Beginners 9 am -10

**Wednesday** Intermediate/advanced 9-10-30am

### **Friday**

> Beginners 7:30-8:30 am

> Intermediate/advanced 8:45-10:15