

Fitness Schedule

~ Effective 07/30/2009~

Monday	Tuesday	Wednesday	Thursday	Saturday
5:30 – 6:30 pm <u>Step</u> <i>Mary Colston</i> Basketball Court	5:30 - 6:30 pm <u>Karate</u> <i>John Kasberg</i> Basketball Court			10:15 am -12:00 pm <u>Karate</u> <i>Sean Eichenberg</i> Basketball Court or Soccer Field
6:30 – 7:00 pm <u>Core on the Floor</u> <i>Mary Colston</i> Basketball Court	6:30 – 7:30 pm <u>Circuit Challenge</u> <i>Mary Colston</i> Fitness Center		5:30-6:30 pm <u>Karate</u> <i>Sean Eichenberg</i> Basketball Court	
			6:30 – 7:30 pm <u>Kickboxing</u> <i>Sean Eichenberg</i> Basketball Court	

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Any Questions/Concerns?
Please contact the SportZone
Phone: 317-293-2255

