

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am						5:45-6:30AM TRX/KBELL Intervals (Studio 1250)	
7am					7:15-8AM Bootcamp (Studio 1250)		
8am	8:30AM-12:30PM Basketball League						
9am							
10am							
11am							
Noon		12-1PM Pick Up Basketball 16+	12-1PM Pick Up Basketball 16+	12-1PM Pick Up Basketball 16+	12-1PM Pick Up Basketball 16+	12-1PM Pick Up Basketball 16+	
1pm							
2pm							
3pm							
4pm							
5pm							
6pm	Gym closes at 6PM			6-10PM Basketball League	6-10PM Over 40 Basketball League		Gym closes at 6PM
7pm		7-9:30PM Pick Up Basketball 16+	7-9:30PM Pick-up Basketball 16+				
8pm							
9pm						Gym Closes at 8:30PM	

\*Please call ahead - (508)823-5440 or check our website for updates

The schedule is subject to change and court is privately rented frequently.

Classes are for Studio 1250 members only. Inquire within.