

Performance Center Floor Schedule

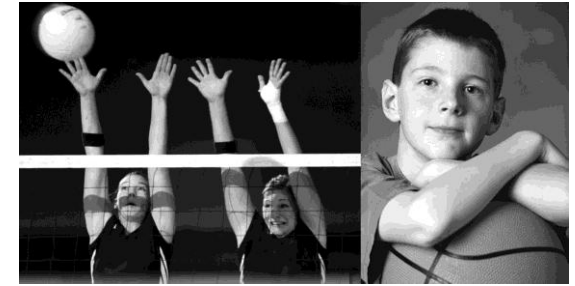
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Age Guidelines
5:30-8 am Full Court Basketball	5:30-8 am Full Court Basketball	5:30-8 am Full Court Basketball	5:30-8 am Full Court Basketball	5:30-8 am Full Court Basketball	CLOSED	CLOSED	
8 – 10:45 am Open Floor 10:45 – 11:30 am Heat	8-9:15 am Open Floor 9:15 – 10 am No Limits 10:15 – 10:45 am Hard Core Flex 11 – 11:45 am Balanced Bones	8 – 10:45 am Open Floor 10:45 – 11:30 am Heat	8-9:15 am Open Floor 9:15 – 10 am No Limits 11 – 11:45 am Balanced Bones	8 – 10:45 am Open Floor 10:45 – 11:30 am Heat	7 am – Noon Full Court Basketball	10 – 11 am Open Athletic Floor	
11:30 am – 1 pm Full Court Basketball	11-Noon Court Open Noon – 1 pm *Extreme Training (Personal Training Group)	11:30 – 1 pm Full Court Basketball	11-Noon Court Open Noon – 1 pm *Extreme Training (Personal Training Group)	11:30 – 1 pm Full Court Basketball	Noon – 4 pm Open Floor	11 – Noon Weekend Warriors No Limits 12:30 – 1:15 pm	
1 – 6:30 pm Open Floor	1 – 4:15 pm Open Floor 4:15pm-5pm *H.E.A.T. Xtreme 5pm-6:30PM Open Floor	1 – 6:30 pm Open Floor	1 – 4:15 pm Open Floor 4:15pm-5pm *H.E.A.T. Xtreme 5pm-6:30pm Open Floor	1 – 6 pm Open Floor	4 – 6 pm Skills Volleyball	1:15 – 5 pm Open Athletic Floor	
6:30 – 10 pm Full Court Basketball	6:30pm-8:45pm 3 on 3 Men's and Women's Basketball League 8:45-10 pm Skills Volleyball	6:30 – 10 pm Full Court Basketball	6:30pm-8:45pm 3 on 3 Men's and Women's Basketball League 8:45 – 10 pm Skills Volleyball	6 - 7 pm Family Open Court* 7– 10 pm Open Floor	Basketballs and Volleyballs can be checked out at the Front Desk.		

PERFORMANCE CENTER FLOOR GUIDELINES:

- During open athletic floor times, pick-up games may only be played on one half of the court.
- If a game is not being played when full court basketball is permitted, the court is considered open athletic floor.
- During Classes, the basketball floor is closed.
- Power volleyball participants are responsible for the set-up and take-down of volleyball equipment.
- Youth full court basketball is for ages 9 to 15.
- Open Volleyball
Ages 12 & Up
Net is to be set at women's height.
Participants are responsible for the set-up and take-down of volleyball equipment.

ATTENTION PARTICIPANTS!

Non-marking court shoes **MUST** be worn on the athletic floor!



Performance Center Floor Schedule and Guidelines

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