

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
7:00am										
7:30am		Track Schedule Dec 2020								
8:00am										
8:30am										
9:00am										
9:30am		Track	Track	Track	Track	Track				
10:00am										
10:30pm										
11:00am		Track	Track	Track	Track	Track				
11:30am										
12:00pm										
12:30pm		Track	Track	Track	Track	Track				
1:00pm										
1:30pm										
2:00pm		Track	Track	Track	Track	Track				
2:30pm										
3:00pm										
3:30pm										
4:00pm		Available Track Time:								
4:30pm										
5:00pm										
5:30pm		<u>Monday - Friday</u>								
6:00pm		9:30am-10:30am								
6:30pm		11:00am-12:00pm								
7:00pm		12:30pm - 1:30pm								
7:30pm		2:00pm - 3:00pm								
8:00pm										
8:30pm										
9:00pm										
9:30pm										
10:00pm										
10:30pm										
11:00pm										
11:30pm										

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am							
7:30am							
8:00am		Turf Schedule Dec 2020					
8:30am							
9:00am							
9:30am			Walkfit	Pilates	Walkfit		
10:00am		Golf	Golf	Golf	Golf	Golf	
10:30pm							
11:00am							
11:30am		Golf	Golf	Golf	Golf	Golf	
12:00pm							
12:30pm							
1:00pm		Golf	Golf	Golf	Golf	Golf	
1:30pm							
2:00pm							
2:30pm		Golf	Golf	Golf	Golf	Golf	
3:00pm							
3:30pm							
4:00pm							
4:30pm		Available Golf Time:		Drop in Fitness:			
5:00pm							
5:30pm		<u>Monday - Friday</u>		<u>Walkfit:</u>			
6:00pm		10:00am - 11:00am		Tues & Thurs 9:30am - 10:30am			
6:30pm		11:30am-12:30pm					
7:00pm		1:00pm - 2:00pm		<u>Pilates:</u>			
7:30pm		2:30pm - 3:30pm		Wed 9:30am			
8:00pm							
8:30pm							
9:00pm							
9:30pm							
10:00pm							
10:30pm							
11:00pm							
11:30pm							

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am							
7:30am							
8:00am							
8:30am							
9:00am		Pickleball	Tennis	Tennis	Tennis	Tennis	
9:30am							
10:00am							
10:30am							
11:00am							
11:30am		Tennis	Tennis	Tennis	Tennis	Tennis	
12:00pm							
12:30pm							
1:00pm							
1:30pm							
2:00pm		Tennis	Tennis	Pickleball	Tennis	Pickleball	
2:30pm							
3:00pm							
3:30pm							
4:00pm							
4:30pm							
5:00pm	Available Tennis Times:			Available Pickleball Times:			
5:30pm							
6:00pm	<u>Monday</u>		<u>Wed, Fri</u>				<u>Mon</u>
6:30pm	11:30am-1:30pm		9am-11am				9am-11am
7:00pm	2pm-4pm		11:30-1:30pm				
7:30pm							
8:00pm						<u>Wed, Friday</u>	
8:30pm	<u>Tues, Thurs</u>					2pm-4pm	
9:00pm	9am-11am						
9:30pm	11:30am-1:30pm						
10:00pm	2pm-4pm						
10:30pm							
11:00pm							
11:30pm							

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am							
7:30am							
8:00am							
8:30am							
9:00am		Cardio Machines	Cardio Machines	Cardio Machines	Cardio Machines	Cardio Machines	
9:30am		Weight Corner	Weight Corner	Weight Corner	Weight Corner	Weight Corner	
10:00am		Cardio Machines	Cardio Machines	Cardio Machines	Cardio Machines	Cardio Machines	
10:30pm		Weight Corner	Weight Corner	Weight Corner	Weight Corner	Weight Corner	
11:00am		Cardio Machines	Cardio Machines	Cardio Machines	Cardio Machines	Cardio Machines	
11:30am		Weight Corner	Weight Corner	Weight Corner	Weight Corner	Weight Corner	
12:00pm		Cardio Machines	Cardio Machines	Cardio Machines	Cardio Machines	Cardio Machines	
12:30pm		Weight Corner	Weight Corner	Weight Corner	Weight Corner	Weight Corner	
1:00pm		Cardio Machines	Cardio Machines	Cardio Machines	Cardio Machines	Cardio Machines	
1:30pm		Weight Corner	Weight Corner	Weight Corner	Weight Corner	Weight Corner	
2:00pm		Cardio Machines	Cardio Machines	Cardio Machines	Cardio Machines	Cardio Machines	
2:30pm		Weight Corner	Weight Corner	Weight Corner	Weight Corner	Weight Corner	
3:00pm		Cardio Machines	Cardio Machines	Cardio Machines	Cardio Machines	Cardio Machines	
3:30pm		Weight Corner	Weight Corner	Weight Corner	Weight Corner	Weight Corner	
4:00pm							
4:30pm							
5:00pm							
5:30pm							
6:00pm							
6:30pm							
7:00pm							
7:30pm							
8:00pm							
8:30pm							
9:00pm							
9:30pm							
10:00pm							
10:30pm							
11:00pm							
11:30pm							

Cardio Equipment Schedule Dec 2020