



Adventure Community Center Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|--------------------------------|--|
| 8:30am GymFit Sculpt | 9:00am Cycle | 8:30am Pilates | 8:30am Yoga | 8:30am GymFit Sculpt | 9:15am Cycle |
| 9:30am Step Explosion | 9:30am GymFit Strong | 9:30am GymFit Fight Water Aerobics | 10:30am Silver Sneakers | 9:30am Zumba | 9:30am Freestyle Step |
| 11:00am Cycle | 10:30am Silver Sneakers | 11:00am Cycle | 4:00pm Kids Trapeze* | 11:00am Cycle | 10:00 Trapeze (All Levels) * |
| 4:00pm Kids Parkour* | 4:00pm Kids Trapeze* | 4:00pm Kids Parkour* | 5:00pm Kids Aerial Silks* | | 10:30am GymFit Power |
| 5:00pm Freestyle Step NinjaFit Kids* Calisthenics | 5:00pm Kids Aerial Silks* | 5:00pm Kids Aerial Sling * NinjaFit Kids* Calisthenics GymFit Power | 5:15pm Pre-K Gymnastics* | | 11:00 Aerial Straps* |
| 5:30pm Cycle | 5:15pm Pre-K Gymnastics* | | 5:30pm Freestyle Step | | |
| 6:00pm Kids Aerial Silks* GymFit Flow GymFit X Bootcamp Kids Parkour* | 6:00pm Kids Silks (Level 2)* NinjaFit Kids* AcroYoga* | 5:30pm Cycle | 6:00pm GymFit X Bootcamp Kids Silks (Level 2)* Pre-K Gymnastics* | | |
| 7:00pm Aerial Silks (All Levels) * Trapeze (Level 1) * | 7:00pm Lyra (Aerial Hoop) * Aerial Silks (Level 1)* | 6:00pm Aerial Sling (Level 1) * GymFit Flow GymFit X Bootcamp Kids Parkour* | 7:00pm Aerial Silks (Level 1) * Trapeze (Level 1) * | | |
| 8:00pm Trapeze (Level 2) * | | 7:00pm Aerial Straps* Contortion/Flexibility* | 8:00pm Trapeze (Level 2) * | | |

*= Adventure Classes