

# TEEN GROUP FITNESS SCHEDULE

ClubSport Fremont	<b>M</b> monday	<b>T</b> tuesday	<b>W</b> wednesday	<b>T</b> thursday	<b>F</b> friday	<b>S</b> saturday	<b>S</b> sunday
8:00am			<b>RACQUETBALL</b> All Day		<b>BASKETBALL</b> 8 - 10:30am		<b>BASKETBALL</b> All Day
9:00am		<b>STUDIO CYCLE</b>	<b>SAMBAEROBICS</b>	<b>ZUMBA</b>			
9:00am		<b>AQUAFIT</b>		<b>AQUAFIT</b>		<b>AQUAFIT</b>	
9:00am	<b>BALLET BASICS</b>			<b>PILATES MAT</b>			
9:45am				<b>FOAM ROLLER RELEASE</b>			
10:00am	<b>PILATES MAT</b>	<b>BASIC</b>	<b>BODY SCULPT</b>	<b>BASIC STEP</b>		<b>STUDIO CYCLE</b>	<b>AQUAFIT</b>
10:30am				<b>BASIC STRENGTH</b>			
10:45am	<b>FOAM ROLLER RELEASE</b>						
11:00am		<b>VOLLEYBALL</b> 11am - 2pm	<b>BADMINTON</b> 11am - 3pm		<b>VOLLEYBALL</b> 11am - 2pm		
12:00pm		<b>ABS, BACK &amp; BALANCE</b>		<b>ABS, BACK &amp; BALANCE</b>		<b>SQUASH</b> 12 - 2pm	
12:15pm	<b>STUDIO CYCLE</b>						
12:30pm							<b>BADMINTON</b> 12:30 - 8pm
4:00pm			<b>BASKETBALL</b> 4 - 6pm				
4:15pm		<b>BODY SCULPT</b>					
5:30pm			<b>BASIC</b>				
6:00pm		<b>YOGA</b>					
6:30pm	<b>BODY PRECISION</b>				<b>YOGA 1&amp;2</b>		
6:30pm					<b>ZUMBA</b>		
6:45pm				<b>PILATES MAT</b>			
7:00pm					<b>BASKETBALL</b> 7 - 9pm		
7:00pm					<b>RACQUETBALL</b> 7 - 9pm		
7:30pm		<b>ZUMBA</b>		<b>HIP HOP TEEN</b>		<b>DODGEBALL COMING SOON...</b>	
8:15pm			<b>BADMINTON</b> 8:15 - 10:30pm				
8:30pm	<b>TABLE TENNIS</b> 8:30 - 11pm		<b>TABLE TENNIS</b> 8:30 - 11pm				
9:00pm	<b>VOLLEYBALL</b> 9 - 11pm						

**Check us out on Facebook!**

Teens ages 13 - 15 with a TeenFit Certification may attend all listed classes without a parent. Otherwise, must be 16 to attend. Certification classes are held on the second Saturday of every month.

