

# PALMS CENTER FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00a– 12:00p Pickleball Intermediate & Advanced		9:00a– 12:00p Pickleball Intermediate & Advanced		9:00a– 1:00p Pickleball All Play
9:30a – 10:30a Firm Believers				9:30a – 10:30a Firm Believers	
		10:00a – 11:00a Vitality			
11:00a – 12:00p Gentle Grace Yoga				11:00a – 12:00p Gentle Grace Yoga	
12:00p – 2:00p Adult Basketball				12:00p – 2:00p Adult Basketball	
		1:30p – 2:30p Tai Chi			
	2:00p – 5:00p Pickleball All Play Beginner Lessons (one court)		2:00p – 5:00p Pickleball All Play		
		3:00p – 6:00p Table Tennis		3:00p - 6:00p Table Tennis	
5:30p – 8:00p Trivia	Mark your calendar for upcoming Trivia dates:	Nov/Dec canceled	*January 10 * Campus Center February 28	March 28  April 25	
6:30p - 8:00p Special Olympics	5:30p – 9:00p SVC		5:30p – 9:00p SVC		
				7:00p – 9:00p More Than Ball	

