

April - Social Hall

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Patrons may use any available opening. However, please remember that HCC programs, leagues & rentals will have priority. Please be courteous if asked to be moved. This schedule can change without advanced notice.</i></p>				<p>1 HIIT 5:10am-6:10am Kickbox Fast Fix 'FOD' 12:15-1:15pm HIIT 6pm-7pm Kickbox Fast Fix 'FOD' 7:15pm-7:45pm</p>	<p>2 HOLIDAY HOURS 7AM-3PM SilverSneakers 8:30am-9:15am</p>	<p>3 Adult Martial Arts 10am -11am Youth Martial Arts 11am -12pm</p>
<p>4 CLOSED</p> 	<p>5 SilverSneakers 8:30am-9:15am Group Active 9:30am-10:30am Total Body 'FOD' 12:15pm-1:15pm Strength & Body Circuit 6pm-7pm Youth Martial Arts 7pm-8pm</p>	<p>6 HIIT 5:10am-6:10am Kickbox Fast Fix 'FOD' 12:15-1:15pm HIIT 6pm-7pm Kickbox Fast Fix 'FOD' 7:15pm-7:45pm</p>	<p>7 SilverSneakers 8:30am-9:15am Group Active 9:30am-10:30am Total Body 'FOD' 12:15pm-1:15pm Strength & Body Circuit 6pm-7pm Adult Martial Arts 7pm-8pm</p>	<p>8 HIIT 5:10am-6:10am Kickbox Fast Fix 'FOD' 12:15-1:15pm HIIT 6pm-7pm Kickbox Fast Fix 'FOD' 7:15pm-7:45pm</p>	<p>9 SilverSneakers 8:30am-9:15am Group Active 9:30am-10:30am Total Body 'FOD' 12:15pm-1:15pm Strength & Body Circuit 6pm-7pm</p>	<p>10 Adult Martial Arts 10am -11am Youth Martial Arts 11am -12pm</p>
<p>11 Open</p>	<p>12 SilverSneakers 8:30am-9:15am Group Active 9:30am-10:30am Total Body 'FOD' 12:15pm-1:15pm Strength & Body Circuit 6pm-7pm Youth Martial Arts 7pm-8pm</p>	<p>13 HIIT 5:10am-6:10am Kickbox Fast Fix 'FOD' 12:15-1:15pm HIIT 6pm-7pm Kickbox Fast Fix 'FOD' 7:15pm-7:45pm</p>	<p>14 SilverSneakers 8:30am-9:15am Group Active 9:30am-10:30am Total Body 'FOD' 12:15pm-1:15pm Strength & Body Circuit 6pm-7pm Adult Martial Arts 7pm-8pm</p>	<p>15 HIIT 5:10am-6:10am Kickbox Fast Fix 'FOD' 12:15-1:15pm HIIT 6pm-7pm Kickbox Fast Fix 'FOD' 7:15pm-7:45pm</p>	<p>16 SilverSneakers 8:30am-9:15am Group Active 9:30am-10:30am Total Body 'FOD' 12:15pm-1:15pm Strength & Body Circuit 6pm-7pm</p>	<p>17 Adult Martial Arts 10am -11am Youth Martial Arts 11am -12pm</p>
<p>18 Open</p>	<p>19 SilverSneakers 8:30am-9:15am Group Active 9:30am-10:30am Total Body 'FOD' 12:15pm-1:15pm Strength & Body Circuit 6pm-7pm Youth Martial Arts 7pm-8pm</p>	<p>20 HIIT 5:10am-6:10am Kickbox Fast Fix 'FOD' 12:15-1:15pm HIIT 6pm-7pm Kickbox Fast Fix 'FOD' 7:15pm-7:45pm</p>	<p>21 SilverSneakers 8:30am-9:15am Group Active 9:30am-10:30am Total Body 'FOD' 12:15pm-1:15pm Strength & Body Circuit 6pm-7pm Adult Martial Arts 7pm-8pm</p>	<p>22 HIIT 5:10am-6:10am Kickbox Fast Fix 'FOD' 12:15-1:15pm HIIT 6pm-7pm Kickbox Fast Fix 'FOD' 7:15pm-7:45pm</p>	<p>23 SilverSneakers 8:30am-9:15am Group Active 9:30am-10:30am Total Body 'FOD' 12:15pm-1:15pm Strength & Body Circuit 6pm-7pm</p>	<p>24 Adult Martial Arts 10am -11am Youth Martial Arts 11am -12pm</p>
<p>25 Open</p>	<p>26 SilverSneakers 8:30am-9:15am Group Active 9:30am-10:30am Total Body 'FOD' 12:15pm-1:15pm Strength & Body Circuit 6pm-7pm Youth Martial Arts 7pm-8pm</p>	<p>27 HIIT 5:10am-6:10am Kickbox Fast Fix 'FOD' 12:15-1:15pm HIIT 6pm-7pm Kickbox Fast Fix 'FOD' 7:15pm-7:45pm</p>	<p>28 SilverSneakers 8:30am-9:15am Group Active 9:30am-10:30am Total Body 'FOD' 12:15pm-1:15pm Strength & Body Circuit 6pm-7pm Adult Martial Arts 7pm-8pm</p>	<p>29 HIIT 5:10am-6:10am Kickbox Fast Fix 'FOD' 12:15-1:15pm HIIT 6pm-7pm Kickbox Fast Fix 'FOD' 7:15pm-7:45pm</p>	<p>30 SilverSneakers 8:30am-9:15am Group Active 9:30am-10:30am Total Body 'FOD' 12:15pm-1:15pm Strength & Body Circuit 6pm-7pm</p>	