

Greensboro Aquatic Center (GAC)

<u>Group/Day</u>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Rising STARS (Must Schedule Set Time w/Christy)	4:00-5:00 & 5:30-6:00 pm	4:00-5:30 pm	4:00-5:00 & 5:30-6:00 pm	4:00-5:30 pm	N/A	N/A
Super Novas	4:00-4:45 - or - 4:45-5:30 pm	4:00-4:45 - or - 4:45-5:30 pm	4:00-4:45 - or - 4:45-5:30 pm	4:00-4:45 - or - 4:45-5:30 pm	4:00-4:45 - or - 4:45-5:30 pm	10:15-11:00 am
Solar Flares	4:00-5:15 pm	4:00-5:15 pm	4:00-5:15 pm	4:00-5:15 pm	4:00-5:15 pm	9:00-10:15 am
SwimFit	5:30-6:30 pm	5:30-6:30 pm	5:30-6:30 pm	5:30-6:30 pm	5:30-6:30 pm	N/A
Junior 1	5:30-7:00 am 5:15-6:30 pm	5:30-7:30 am 5:15-6:30 pm	5:30-7:00 am 5:15-6:30 pm	5:30-7:30 am 5:15-6:30 pm	5:30-7:30 am 5:15-6:30 pm	8:00-10:00 am
Junior 2	5:30-7:00 am 5:00-6:30 pm	5:30-7:30 am Parisi 6:30-7:30 am	5:30-7:00 am 5:00-6:30 pm	5:30-7:30 am Parisi 5:30-6:30 am	5:30-7:30 am 5:15-6:30 pm	8:00-10:00 am
Senior 1	5:30-7:00 am 5:15-6:30 pm	5:30-7:30 am 5:15-6:30 pm	5:30-7:00 am 5:15-6:30 pm	5:30-7:30 am 5:15-6:30 pm	5:30-7:30 am 5:15-6:30 pm	8:00-10:00 am
Senior 2	5:30-7:00 am 5:00-6:30 pm	5:30-7:30 am Parisi 6:30-7:30 am	5:30-7:00 am 5:00-6:30 pm	5:30-7:30 am Parisi 5:30-6:30 am	5:30-7:30 am	8:00-10:00 am

If we can secure a suitable location for Yoga then it will be added in when possible.

Reeves Community Center (RCC)

<u>Group/Day</u>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Super Novas	4:00-5:00 pm	4:00-5:00 pm	4:00-5:00 pm	4:00-5:00 pm	4:00-5:00 pm	N/A
Solar Flares	4:00-5:15 pm	4:00-5:15 pm	4:00-5:15 pm	4:00-5:15 pm	4:00-5:15 pm	N/A
SwimFit	4:00-5:30 pm	4:00-5:30 pm	4:00-5:30 pm	4:00-5:30 pm	4:00-5:30 pm	N/A
Junior 1	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	8:00-10:00 am
Senior 1	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	8:00-10:00 am

Wesleyan Christian Academy

<u>Group/Day</u>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday (At GAC)</i>
Super Novas	5:00-6:00 pm	5:00-6:00 pm	5:00-6:00 pm	5:00-6:00 pm	5:00-6:00 pm	N/A
Solar Flares	5:00-6:15 pm	5:00-6:15 pm	5:00-6:15 pm	5:00-6:15 pm	5:00-6:15 pm	9:00-10:00 am
SwimFit	5:00-6:15 pm	5:00-6:15 pm	5:00-6:15 pm	5:00-6:15 pm	5:00-6:15 pm	N/A
Junior 1	6:00-7:30 pm	6:00-7:30 pm	6:00-7:30 pm	6:00-7:30 pm	6:00-7:30 pm	8:00-10:00 am
Senior 1	6:00-7:30 pm	6:00-7:30 pm	6:00-7:30 pm	6:00-7:30 pm	6:00-7:30 pm	8:00-10:00 am

