

Mount 7 Rec Plex January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
				10:30 AM-12:00 PM WinterWalk 1:30 PM-3:30 PM Pickleball 6:00 PM-7:30 PM VolleyB 7:30 PM-9:00 PM BBA	10:30 AM-12:00 PM WinterWalk 1:30 PM-3:30 PM Pickleball 7:00 PM-9:00 PM Pickleball	
5	6	7	8	9	10	11
11:30 AM-1:30 PM Pickleball 2:00 PM-3:30 PM P&T Play 6:00 PM-7:00 PM Yoga 7:00 PM-9:00 PM VolleyB	9:15 AM-10:15 AM Shape Up 10:30 AM-12:00 PM WinterWalk 1:30 PM-3:30 PM Pickleball 3:30 PM-5:00 PM Y. Drop in 5:00 PM-7:00 PM GBA 7:00 PM-8:30 PM Badminton 8:30 PM-9:30 PM Football	9:15 AM-10:15 AM Shape Up 10:30 AM-12:00 PM WinterWalk 1:30 PM-3:30 PM Pickleball 3:30 PM-5:00 PM GGG 5:00 PM-6:00 PM GBA 7:00 PM-9:00 PM Pickleball	8:45 AM-9:35 AM GSS 10:15 AM-11:45 AM P&T Play 5:00 PM-7:00 PM GBA 7:00 PM-9:00 PM Badminton	9:15 AM-10:15 AM Shape Up 10:30 AM-12:00 PM WinterWalk 1:30 PM-3:30 PM Pickleball 5:00 PM-6:00 PM GBA 6:00 PM-7:30 PM VolleyB 7:30 PM-9:00 PM BBA	9:15 AM-10:15 AM Shape Up 10:30 AM-12:00 PM WinterWalk 1:30 PM-3:30 PM Pickleball 7:00 PM-9:00 PM Pickleball	
12	13	14	15	16	17	18
11:30 AM-1:30 PM Pickleball 2:00 PM-3:30 PM P&T Play 6:00 PM-7:00 PM Yoga 7:00 PM-9:00 PM VolleyB	9:15 AM-10:15 AM Shape Up 10:30 AM-12:00 PM WinterWalk 1:30 PM-3:30 PM Pickleball 3:30 PM-5:00 PM Y. Drop in 5:00 PM-7:00 PM GBA 7:00 PM-8:30 PM Badminton 8:30 PM-9:30 PM Football	9:15 AM-10:15 AM Shape Up 10:30 AM-12:00 PM WinterWalk 1:30 PM-3:30 PM Pickleball 3:30 PM-5:00 PM GGG 5:00 PM-6:00 PM GBA 7:00 PM-9:00 PM Pickleball	8:45 AM-9:35 AM GSS 10:15 AM-11:45 AM P&T Play 5:00 PM-7:00 PM GBA 7:00 PM-9:00 PM Badminton	9:15 AM-10:15 AM Shape Up 10:30 AM-12:00 PM WinterWalk 1:30 PM-3:30 PM Pickleball 5:00 PM-6:00 PM GBA 6:00 PM-7:30 PM VolleyB 7:30 PM-9:00 PM BBA	9:15 AM-10:15 AM Shape Up 10:30 AM-12:00 PM WinterWalk 1:30 PM-3:30 PM Pickleball 7:00 PM-9:00 PM Pickleball	
19	20	21	22	23	24	25
11:30 AM-1:30 PM Pickleball 2:00 PM-3:30 PM P&T Play 6:00 PM-7:00 PM Yoga 7:00 PM-9:00 PM VolleyB	9:15 AM-10:15 AM Shape Up 10:30 AM-12:00 PM WinterWalk 1:30 PM-3:30 PM Pickleball 3:30 PM-5:00 PM Y. Drop in 5:00 PM-7:00 PM GBA 7:00 PM-8:30 PM Badminton 8:30 PM-9:30 PM Football	9:15 AM-10:15 AM Shape Up 10:30 AM-12:00 PM WinterWalk 1:30 PM-3:30 PM Pickleball 3:30 PM-5:00 PM GGG 5:00 PM-6:00 PM GBA 7:00 PM-9:00 PM Pickleball	8:45 AM-9:35 AM GSS 10:15 AM-11:45 AM P&T Play 5:00 PM-7:00 PM GBA 7:00 PM-9:00 PM Badminton	9:15 AM-10:15 AM Shape Up 10:30 AM-12:00 PM WinterWalk 1:30 PM-3:30 PM Pickleball 5:00 PM-6:00 PM GBA 6:00 PM-7:30 PM VolleyB 7:30 PM-9:00 PM BBA	9:15 AM-10:15 AM Shape Up 10:30 AM-12:00 PM WinterWalk 1:30 PM-3:30 PM Pickleball 7:00 PM-9:00 PM Pickleball	
26	27	28	29	30	31	
11:30 AM-1:30 PM Pickleball 2:00 PM-3:30 PM P&T Play 6:00 PM-7:00 PM Yoga 7:00 PM-9:00 PM VolleyB	9:15 AM-10:15 AM Shape Up 10:30 AM-12:00 PM WinterWalk 1:30 PM-3:30 PM Pickleball 3:30 PM-5:00 PM Y. Drop in 5:00 PM-7:00 PM GBA 7:00 PM-8:30 PM Badminton 8:30 PM-9:30 PM Football	9:15 AM-10:15 AM Shape Up 10:30 AM-12:00 PM WinterWalk 1:30 PM-3:30 PM Pickleball 3:30 PM-5:00 PM GGG 5:00 PM-6:00 PM GBA 7:00 PM-9:00 PM Pickleball	10:15 AM-11:45 AM P&T Play 5:00 PM-7:00 PM GBA 7:00 PM-9:00 PM Badminton	9:15 AM-10:15 AM Shape Up 10:30 AM-12:00 PM WinterWalk 1:30 PM-3:30 PM Pickleball 5:00 PM-6:00 PM GBA 6:00 PM-7:30 PM VolleyB 7:30 PM-9:00 PM BBA	9:15 AM-10:15 AM Shape Up 10:30 AM-12:00 PM WinterWalk 1:30 PM-3:30 PM Pickleball 7:00 PM-9:00 PM Pickleball	