# JANUARY 2021 MASTER SCHEDULE

The Farm Sports Center
Where Champions are Grown

| | 3:30-4:00pm | 4:00-4:30pm | 4:30-5:00pm | 5:00-5:30pm | 5:30-6:00pm | 6:00-6:30pm | 6:30-7:00pm | 7:00-7:30pm | 7:30-8:00pm | 8:00-8:30pm | 8:30-9:00pm |
|---|---|---|---|---|---|---|---|---|---|---|---|
| **MONDAY** | | | | | | | | | | | |
| CHEER | | J2 League 4-6pm | | | | Wonder Girls 6-8pm | | | | | |
| TUMBLING | | | | | Beg. Tumbling 5:30-6:30 Joelle | | | Level 1 7:00-8:00 Joelle | | | |
| JIU JITSU | | | | Kids Gi 5-6pm ages 5-13 Shadrach | | Adults 6-7pm ages 14+ Shadrach | | | | | |
| FUNCTIONAL FITNESS | | OPEN WORKOUT 4-8PM AGES 14+ | | | | | | | | | |
| **TUESDAY** | | | | | | | | | | | |
| TUMBLING | | | Level 2/3 430-530 Haley | | Level1/Beg. Tumbling 530-630 Haley | | Intermediate 6:30-7:30 Haley | | | | |
| MUAY THAI / JIU JITSU | | | | | All Ages No Gi 5:30-6:30pm | | Muay Thai ages 8-15 6:30-7:30 Mo | | Muay Thai ages 16 & up 7:30-8:30 Mo | | |
| BASEBALL | | | | | | Hitting all ages 6-7pm Bob | | Pitching all age 7-8pm Bob | | | |
| FUNCTIONAL FITNESS | | | OPEN WORKOUT 430-830PM AGES 14+ | | | | | | | | |
| **WEDNESDAY** | | | | | | | | | | | |
| CHEER | | J2 League 4-6pm | | | | Wonder Girls 6-8pm | | | | | |
| TUMBLING | | Level 1 4:00-5:00pm Haley | | Level 1/Tumblebees 5:00-6:00pm Haley | | | | | | | |
| JIU JITSU | | | | Kids Gi 5-6pm ages 5-13 Shadrach | | Adults 6-7pm ages 14+ Shadrach | | | | | |
| FOOTBALL | | | | | | | Football Skills ages 6-13 6:30-7:30 Mo | | | | |
| FUNCTIONAL FITNESS | | OPEN WORKOUT 4-8PM AGES 14+ | | | | | | | | | |
| **THURSDAY** | | | | | | | | | | | |
| TUMBLING | Tumblebees (2-4) 3:45-4:30 Haley | | Level 1 4:30-5:30 pm Haley | | Beg. Tumbling 5:30-6:30 Haley | | | | | | |
| BASKETBALL | | | Basketball Skills ages 5-7 430-515 | | Basketball Skills ages 8-10 530-630 | | Basketball Skills ages 11-13 630-730 | | Basketball Skills High School 730-9pm | | |
| JIU JITSU | | | | | All Ages No Gi 5:30-6:30pm | | | | | | |
| FUNCTIONAL FITNESS | | OPEN WORKOUT 4-9PM AGES 14+ | | | | | | | | | |
| TODDLER | | Toddler Open Gym 4-7pm | | | | | | | | | |
| **FRIDAY** | | | | | | | | | | | |
| NINJA WARRIOR | | Ninja Warrior 4-5pm Gael | | | | | | | | | |
| FUNCTIONAL FITNESS | | OPEN WORKOUT 4-9PM AGES 14+ | | | | | | | | | |
| OPEN GYM | | | | Open Gym Session 1 5-7pm 5 & UP | | | | Open Gym Session 2 7-9pm 5 & UP | | | |

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| | 8:00-8:30am | 8:30-9:00am | 9:00-9:30am | 9:30-10:00am | 10:00am-10:30am | 10:30-11:00am | 11:00-11:30am | 11:30-12:00pm | 12:00-12:30pm | 12:30-1:00pm | 1:00-1:30pm |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | **SATURDAY** | | | | | | | | | | |
| JIU JITSU | | | Kids Gi 9-10am ages 5-13 Shadrach | | Adults 10-11am ages 14+ Shadrach | | | | | | |
| BASEBALL | | | Hitting all ages 9-10am Bob | | Pitching all ages 10-11am Bob | | | | | | |
| FUNCTIONAL FITNESS | | | OPEN WORKOUT 9-11AM AGES 14+ | | | | | | | | |