Bethany Athletic Club Your One Stop Shop For Youth Activities

Summer 2018 Kids Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15am - 9:45am Tumbling for Tots Raellyne | BC (3-5)	9:00am - 9:45am Pool Side Flow With Yoga Mo (3+)	9:15am - 9:45am Tumbling for Tots Raellyne | BC (3-5)	9:00am - 9:45am Pool Side Flow With Yoga Mo (3+)		10:15am - 11:00pm Karlie's Conditioning Class | BC | (5+)	
	1:00pm -1:45pm Kids Zumba Natalia l GX (3+)					
	3:30pm - 5:00pm Tumbling Brooke | ATR | (3+)		3:30pm - 5:00pm Tumbling Brooke | ATR | (3+)		11:15am - 12:00pm Family Yoga Mo l MB | (3+)	
	3:00pm - 3:55pm Sports Unlimited Coach J | BC | (5+)			3:00pm - 3:55pm Sports Unlimited Coach J | BC | (5+)		
4:00pm - 4:55pm Sports Unlimited Coach J | BC | (5+)		4:00pm - 4:55pm Sports Unlimited Coach J | BC | (5+)	4:00pm - 4:55pm Sports Unlimited Coach J | BC | (5+)			
		5:15pm - 6:00pm Kickin It (Kickboxing) Raellyne l BC (5+)				
5:00pm - 6:00pm Creative Creations Staff | JL (4+)		5:00pm - 6:00pm Creative Creations Staff | JL (4+)				
		5:30pm - 6:25pm Kids Yoga Nuvana l MB (6+)				

WAVES BASKETBALL LEAGUE July 7th - August 23th

5:00pm -6:00pm Youth League Coach J l K-1st	4:00pm - 5:00pm Youth League Coach J l 4-5th	5:00pm -6:00pm Youth League Game Coach J | K-1st	5:00pm - 6:00pm Youth League Game Coach J | 4-5th	4:00pm - 4:45pm Youth League Coach J l K-1st		
6:00pm -7:00pm Youth League Coach J l 2-3rd	5:00pm - 6:00pm Youth League Coach J l 6-8th	6:00pm - 7:00pm Youth League Game Coach J | 2-3rd	6:15pm - 7:15pm Youth League Game Coach J | 6-8th	4:45pm -5:30pm Youth League Coach J l 2nd-3rd		
				5:30pm - 6:15pm Youth League Coach J l 4th-5th		
				6:15pm- 7:00pm Youth League Coach J l 6th-8th		

ATR l Athletic Training
BC l Basketball Court
CS l Cycle Studio
GX l Group X
JL l Junior Lounge
MB l Mind & Body

BETHANY ATHLETIC CLUB

Where The Fun Is Endless