

Swanston Community Center Weekly Program Schedule

- Double click on a program for more information

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7^{AM}						
8^{AM}						
9^{AM}	Jazzercise 8:30-9:30		Jazzercise 8:30-9:30		Jazzercise 8:30-9:30	Jazzercise 8:30-9:30
10^{AM}		Chair Yoga 9:30-10:30		Chair Yoga 9:30-10:30		
11^{AM}	Ping Pong Club	Baby Ballet 10:45-11:15 Pre-Ballet 11:15-12:00	Ping Pong Club	Beginning Pilates 11:00-12:00	Ping Pong Club	
12^{PM}	11:00-1:00		11:00-1:00		11:00-1:00	
1^{PM}		Pilates 12:30-1:30				
2^{PM}						
3^{PM}						
4^{PM}						
5^{PM}			Hatha Yoga 5:00-5:45			
6^{PM}		Shotokan Karate 6:30-7:00		Shotokan Karate 6:30-7:00		
7^{PM}		Advanced Karate 6:00-7:30		Advanced Karate 6:00-7:30		