August 2013

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Classroom 2**  **(2nd fl)** | **6pm-9pm**  **Jujitsu (Adult)** | **6pm-9pm**  **Jujitsu (Youth)** | **6pm-9pm**  **Jujitsu (Adult)** | **6pm-9pm**  **Jujitsu (Youth)** | **6pm-9pm**  **Jujitsu (Adult)** | **11am-1pm**  **Jujitsu (Youth)** |
| **Computer Room** | **11am-7:00pm**  **Open to public** | **11am-7:00pm**  **Open to public** | **11am-7:00pm**  **Open to public** | **11am-7:00pm**  **Open to public** | **11am-7:00pm**  **Open to public** | 10:00am-7:00pm |
| **Gym** | **12pm-6pm**  **Free play** | **12pm-6pm**  **Free play** | **12pm-6pm**  **Free play** | **12pm-6pm**  **Free play** | **12pm-6pm**  **Free play** | **10am-2pm**  **Free play (Unless closed for building rental by customer)** |
| **Dance Room** | **6pm-7pm**  **Body Sculpting**  **7pm-8pm**  **Insanity Workouts** | **10am-11:00am**  **Zumba for kids**  **12pm-1pm**  **KTX Zumba**  **6pm-7pm**  **Body Sculpting**  **7pm-8pm**  **Insanity Workouts** | **5pm-6pm**  **Insanity Workouts**  **6pm-7pm**  **Kickboxing** | **10am-11:30am**  **African Dance & Cardio**  **12pm-1pm**  **KTX Bootcamp**  **6pm-7pm**  **Insanity Workouts** | **7pm-8pm**  **Insanity Workouts** | **10am-11am**  **Insanity Workouts**  **11am-12pm**  **KTX Kickboxing**  **12pm-1pm**  **KTX Zumba** |
| **Cardio &**  **Weight Room** | **11:00am- 8:00pm** | **11:00am-8:00pm** | **11:00am-8:00pm** | **11:00am-8:00pm** | **11:00am-8:00pm** | 10:00am-2:00pm |

**Football/ Cheerleader practice Tues-Thurs. 6pm-8pm**

**Tennis with Vance Exley 4pm-6pm( mon—thurs)**

**Mr. Charles Phillips-Community Facility Manager**

**Grant Park Recreation Center - 537 Park Avenue SE, Atlanta GA 30312**

**404.624.0697**