**Fitness Expo Activity Schedule**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Time | Activity | Location |  |  |
| 10:00 a.m. – 10:45 a.m. | Parent & Child Boxing Class | The Galbraith Ballroom |  |  |
| 11:00 a.m. – 11:45 a.m. | Adult Boxing Class | The Galbraith Ballroom |  |  |
| 11:00 a.m. – 11:45 a.m. | Adult Come Back Drill | Tennis Court |  |  |
| 12:00 p.m. – 12:30 p.m. | VIPR & TRX Class | The Galbraith Ballroom |  |  |
| 12:00 p.m. – 1:00 p.m. | Squash Introduction Class(Junior & Adult) | Squash Courts 1 & 2 |  |  |
| 12:00 p.m. – 12:45 p.m. | Adult Mix Beginners Class | Tennis Court |  |  |
| 12:00 p.m. – 12:45 p.m. | Tiny Tots Introduction Class | Multi-purpose Court |  |  |
| 12:30 p.m. – 1:15 p.m. | Taekwondo Class | Quad Studios |  |  |
| 12:45 p.m. – 1:15 p.m. | Street Defense Class | The Galbraith Ballroom |  |  |
| 1:00 p.m. – 1:45 p.m. | Tiny Tots Introduction Class | Multi-purpose Court |  |  |
| 1:00 p.m. – 2:00 p.m. | Squash Introduction Class(Junior & Adult) | Squash Courts 1 & 2 |  |  |
| 1:30 p.m. – 2:00 p.m. | Yoga Stretch Class | The Galbraith Ballroom |  |  |