**Monday**

- Sculpt: 11:30 AM – 12:15 PM
- Pickup Basketball: 12:15 PM – 1:45 PM
- Power Pump: 5:15 PM – 6:15 PM
- **Volleyball League: 6:30PM – 9:30PM**

**Tuesday**

- WERQ: 5:15PM – 6:05PM
- **Soccer League: 6:30PM – 9:30PM**

**Wednesday**

- Pickup Basketball: 12:15 PM – 1:45 PM
- Power Pump: 5:15 PM – 6:15 PM
- Volleyball: 7:00 PM – 9:00 PM
- Jimringo@gmail.com

**Friday**

- Power Yoga: 11:30 AM –
  12:15 PM
- Pickup Basketball: 12:30 PM – 1:45 PM
- Basketball: 6:00PM– 8:00PM
- Shiva_Kothari@URMC.Rochester.edu

**Saturday**

- Soccer: 10:00AM– 12:00PM
- Gilberto_Lopez@URMC.Rochester.edu

  *please call 275 - 1442 for reservations*

**Sunday**

  *please call 275 - 1442 for reservations*