

Tuesday

3:30-6:00 Capital Kids
4:00- 5:00 Pee Wee Basketball (5-8 yrs)
4:30-6:00 Academy Bridging Tutoring
4:00-8:00 Weight Lifting
5:00-7:00 Basketball (9-12 yrs)
6:00-8:00 Boxing
6:30-8:00 Flag Football
7:00-8:00 Game room

Wednesday

3:30-6:00 Capital Kids
4:00-5:00 Wall Climbing
4:00-8:00 Weight Lifting
5:00-7:00 Basketball (Teens & Adults)
6:00-8:00 Boxing
7:00-8:00 Game room

Thursday

3:30-6:00 Capital Kids
4:00- 5:00 Pee Wee Basketball (5-8 yrs)
4:30-6:00 Academy Bridging Tutoring
4:00-8:00 Weight Lifting
6:30-8:00 Flag Football
7:00-8:00 Game room

Friday

3:30-6:00 Capital Kids
4:00-8:00 Weight Lifting
5:00-6:00 Wall Climbing
6:00-8:00 Game room
6:00-8:00 Open Basketball (Teens)
6:00-8:00 Boxing

Saturday

2:00-4:00 Adult Basketball
2:00-6:00 Weight Lifting
4:00-6:00 Basketball League