

2021 POD Class Schedule

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|---|---|---|---|---|--|
| | Tai Chi | | Tai Chi | | Tai Chi | |
| 11:00 AM | 10:30am - 11:15am | | 10:30am - 11:15am | | 10:30am - 11:15am | TWEENS Ages: 10 - 12 11 - 11:45am |
| 12:00 PM | | | | | | TEENS & ADULTS Ages 13+ 12-12:45pm |
| 1:00 PM | | | | | | |
| 2:00 PM | | | | | | |
| 3:00 PM | | | | | | |
| 4:00 PM | KIDS POD A Ages: 9 and under 4pm - 4:45pm | KIDS POD B Ages: 9 and under 4pm - 4:45pm | PODS A & B Ages: 9 and under 4pm - 4:45pm | KIDS POD A Ages: 9 and under 4pm - 4:45pm | KIDS POD B Ages: 9 and under 4pm - 4:45pm | |
| 5:00 PM | TWEENS POD A Ages: 10 - 12 5pm - 5:45pm | TWEENS POD B Ages: 10 - 12 5pm - 5:45pm | PODS A & B Ages: 10 - 12 5pm - 5:45pm | TWEENS POD A Ages: 10 - 12 5pm - 5:45pm | TWEENS POD B Ages: 10 - 12 5pm - 5:45pm | |
| 6:00 PM | TEENS POD A Ages: 13 - 17 6pm - 6:45pm | TEENS POD B Ages: 13 - 17 6pm - 6:45pm | | TEENS POD A Ages: 13 - 17 6pm - 6:45pm | TEENS POD B Ages: 13 - 17 6pm - 6:45pm | |
| 7:00 PM | ADULTS POD A Ages: 18+ 7pm - 7:45pm | ADULTS POD B Ages: 18+ 7pm - 7:45pm | TEENS & ADULTS Ages: 13+ 7pm - 7:45pm | ADULTS POD A Ages: 18+ 7pm - 7:45pm | ADULTS POD B Ages: 18+ 7pm - 7:45pm | |
| 8:00 PM | | | | | | |
| 9:00 PM | | | | | | |