## 2021 Main Court Schedule Colorado Springs

	Monday		
Time	Main Court		
-	North		
5:00 AM	Open Court		
5:30 AM			
6:00 AM			
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7:00 AM			
7:30 AM			
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8:45 AM -	Onen Court	LasMilla BODYDLIMD	
9:40 AM	Open Court	LesMills BODYPUMP	
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4:30 PM	Pickup Pickleball		
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6:30 PM			
7:00 PM	Open Court		
7:30 PM			
8:00 PM			
8:30 PM			
9:00 PM			
9:30 PM			

Friday           Time         Main Court           5:00 AM         South           5:30 AM         6:00 AM           6:30 AM         7:30 AM           8:00 AM         Open Court           9:00 AM         9:30 AM           10:00 AM         11:30 AM           11:30 AM         12:00 PM - 12:55 PM           1:30 PM         Open Court         LesMills BODYPUMP           1:30 PM         2:00 PM           2:30 PM         3:30 PM           4:00 PM         4:00 PM           5:30 PM         6:00 PM           6:30 PM         7:00 PM           7:30 PM         7:00 PM           7:30 PM         7:00 PM	9:30 PM			
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	Tuesday		
Time	Main	Court	
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5:15 PM -	Open Court	LesMills BODYPUMP	
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	Saturday	
Time	Main Court	
	North	South
7:00 AM		
7:30 AM - 8:25 AM	Open Court	LesMills BODYPUMP
8:30 AM		
8:45 AM - 9:40 AM	Open Court	LesMills BODYSTEP
10:00 AM - 10:55 AM	Open Court	LesMills BODYCOMBAT
11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM 1:30 PM 2:00 PM	Open Court	
2:30 PM 3:00 PM 3:30 PM 4:00 PM 4:30 PM 5:00 PM 5:30 PM	Pickup F	Pickleball
6:00 PM 6:30 PM 7:00 PM 7:30 PM	Open Court	
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	Wednesday		
Time	Main Court		
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9:00 AM -	Open Court		LesMills BODYPUMP
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	Sunday		
Time	Main	Court	
	North	South	
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	Thursday	
Time	Main Court	
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9:00 AM -	Open Court	LesMills BODYPUMP
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4:30 PM	Pickup Pickleball	
5:00 PM		
5:30 PM		
6:00 PM		
6:15 PM -	Open Court	LesMills BODYSTEP
7:10 PM	Open Court	Lesivillis BOD 131EP
7:30 PM	Open Court	
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Open Court Guidelines
Organized and contact games are limited to 3x3 or less.
Shooting practice is limited to groups of three or less, sharing a

Wipe down equipment before and after each use. Court and equipment will be cleaned throughout the day.

basketball.

Pickup Pickleball Guidelines
Nets will be set up. Bring your own paddles and balls.
The first four players to arrive may begin their first game.
If players are waiting, there is a 2-set maximum and must wait a minimum of 6' apart.
Change ends on opposite sides of the court, maintaining proper
social distancing.

Pick balls up with your paddle and foot to transfer to other players.

Session Descriptions
LesMills BODYPUMP - A full body resistance training class utilizing a specially-designed barbell system. Achieve strength and increase lean body muscle with THE REP EFFECT™ focusing on high repetition movements

LesMills BODYSTEP - An energizing step workout using a height-adjustable step and simple movements with muscle conditioning tracks that shape and

LesMills CXWORX - A short, sharp core workout to increase functional fitness of the abdominals, mid-section, and glutes.

LesMills BODYCOMBAT - A non-contact martial arts-inspired workout based on moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung

Pickup Pickleball - A combination of tennis, badminton, and ping-pong, this fast and exciting game is played on a badminton-sized court and will be sure to bring your competitive spirit to life.