

January

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Closed	2 Closed
3 Closed	4 TPITT 6-8 am Open Swim 8 am-8 pm BSS 4 pm-8 pm	5 FFH – 6-8 am Open Swim 8-10:30 & 12:3-8 PEAQ 6:30 -8:00 pm	6 TPITT 6-8 am Open Swim 8 am-8 pm BSS 4 pm-8 pm	7 FFH – 6-8 am Open Swim 8-10:30 & 12:3-8 PEAQ 6:30 -8:00 pm	8 TPITT 6-8 am Open swim 8am-3pm BSS 4-8	9 BSS 8 am- 12pm Open Swim 12pm-4pm.
10 Closed	11 TPITT 6-8 am Open Swim 8 am-8 pm BSS 4 pm-8 pm	12 FFH – 6-8 am Open Swim 8-10:30 & 12:3-8 PEAQ 6:30 -8:00 pm	13 TPITT 6-8 am Open Swim 8 am-8 pm BSS 4 pm-8 pm	14 FFH – 6-8 am Open Swim 8-10:30 & 12:3-8 PEAQ 6:30 -8:00 pm	15 TPITT 6-8 am Open swim 8am-3pm BSS 4-8	16 BSS 8 am- 12pm Open Swim 12pm-4pm.
17 Closed	18 Closed MLK DAY	19 FFH – 6-8 am Open Swim 8-10:30 & 12:3-8 PEAQ 6:30 -8:00 pm	20 TPITT 6-8 am Open Swim 8 am-8 pm BSS 4 pm-8 pm	21 FFH – 6-8 am Open Swim 8-10:30 & 12:3-8 PEAQ 6:30 -8:00 pm	22 TPITT 6-8 am Open swim 8am-3pm BSS 4-8	23 BSS 8 am- 12pm Open Swim 12pm-4pm.
24 Closed	25 TPITT 6-8 am Open Swim 8 am-8 pm BSS 4 pm-8 pm	26 FFH – 6-8 am Open Swim 8-10:30 & 12:3-8 PEAQ 6:30 -8:00 pm	27 TPITT 6-8 am Open Swim 8 am-8 pm BSS 4 pm-8 pm	28 FFH – 6-8 am Open Swim 8-10:30 & 12:3-8 PEAQ 6:30 -8:00 pm	29 TPITT 6-8 am Open swim 8am-3pm BSS 4-8	30 BSS 8 am- 12pm Open Swim 12pm-4pm.
31 Closed						

THE KINGSLEY ASSOCIATION
PROGRAM SCHEDULE FOR JANUARY 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:00 am – 8:00 pm 3rd Floor Fitness Room</p> <p>10:30 am – 12:00 pm SilverSneakers CARDIO/M.S.R.O.M. <i>Chris Howard</i></p>	<p>8:00 am – 8:00 pm 3rd Floor Fitness Room</p> <p>10:00 -11:00 Gentle Yoga <i>Debra Gloster</i></p> <p>5:30 pm – 6:30 pm Body Toning <i>Troy McCune</i></p>	<p>8:00 am – 8:00 pm 3rd Floor Fitness Room</p> <p>10:30 am – 12:00 pm SilverSneakers CARDIO/M.S.R.O.M. <i>Chris Howard</i></p>	<p>8:00 am – 8:00 pm 3rd Floor Fitness Room</p> <p>10:15 am – 11:15 am Movement - Matters- Seniors <i>Gia Cacalano</i></p> <p>5:30 pm – 6:30 pm Body Toning <i>Troy McCune</i></p>	<p>8:00 am – 8:00 pm 3rd Floor Fitness Room</p>	<p>9:00am – 4:00 pm 3rd Floor Fitness Room</p>