



SPARC Hours of Operation:

Monday – Thursday: 6:00AM – 7:00PM

Friday: 6:00AM – 2:00PM

	Mon	Tue	Wed	Thu	Fri	Sat
6:00 am			Cond		Cond	
8:00 am	Small Group Training Total Joint	Small Group Training Essentials	Small Group Training Total Joint	Small Group Training Essentials	Small Group Training Total Joint	
9:00 am	Essentials Women's		Essentials Women's		Women's	
10:00 am	Small Group Training	Small Group Training	Small Group Training	Small Group Training	Small Group Training	
11:00 am	Adult Bridge		Adult Bridge			
4:30 pm	Youth Bridge	Youth Bridge	Youth Bridge	Youth Bridge		
5:00 pm	Sports Performance	Sports Performance Small Group Training	Sports Performance	Sports Performance Small Group Training		
6:00 pm						