

Urbandale Courage League Sports | Spring Schedule

Groups	Times	Monday	Tuesday	Wednesday	Thursday	Friday	Times	Saturday
Cubs (2-6 Years)	4:30-5	Tumbling	Tumbling	Lil Warrior	Vibe Balance	Check Open Gym Schedule	10-10:30	Mindful Movement
	5-5:30	Twigs Music	stART	Wiggle & Waltz	Drama		10:30-11	Open Gym
	5:30-6	Launchpad	Launchpad	Launchpad	Launchpad		11-11:30	Active Tots
	6-6:30	Tumbling	Tumbling	Lil Warrior	Vibe Balance			

Tigers (7-10 Years)	4:30-5	Circuit	Circuit	Kids Spin	Circuit	Check Open Gym Schedule	10-10:30	Mindful Movement
	5-5:30	Twigs Music	League/ stART	League/ Wiggle & Waltz	League/ Drama		10:30-11	Cross Spin
	5:30-6	Ninja Circuit	League	Gladiator Challenge	Game board Fitness		11-11:30	Open Gym
	6-6:30	Circuit	Circuit	League	League			

Lions (11-14 Years)	4:30-5	Circuit	Circuit	Open Gym	Circuit	Check Open Gym Schedule	10-10:30	Mindful Movement
	5-5:30	Ninja Circuit	League	Gladiator Challenge	Game board Fitness		10:30-11	Cross Spin
&	5:30-6	Sticks Music	League/ stART	League/ Dance	League		11-11:30	Open Gym
Panthers (14-19 Years)	6-6:30	Circuit	Circuit	League/ Karaoke	League/Drama			
	6:30-7	Power Sports	--	--	Basketball Training			

Adults (19+ Years)	10- 10:30	Ninja Circuit	Sticks Music	Karaoke	Game Board Fitness	Best of Adults	10-10:30	Mindful Movement
	10:30- 11	Active Adults	Artsy Adults	Active Adults	Active Adults	Active Adults	10:30-11	Cross Spin
	1-2	Stroke/ Parkinson's				Stroke/ Parkinson's	11-11:30	Open Gym
	1-1:30	Ninja Circuit	Sticks Music	Karaoke	Game Board Fitness			
	1:30-2	Active Adults	Artsy Adults	Active Adults	Active Adults			
	5:30-6	Sticks Music	League/ stART	League/ Dance	League			
	6-6:30	League / Rock Band	Circuit Training	League/ Karaoke	League/ Drama			
	6:30-7	Power Sports	--	--	Basketball Training			

