

Urbandale Courage League Sports | Summer Schedule

Groups	Times	Monday	Tuesday	Wednesday	Thursday	Friday	Times	Saturday
Cubs (age 2-6)	4:30-5pm	Tumbling	Vibe Balance	Lil Warrior	Spoke	Check Open Gym Schedule	10-10:30	Mindful Movement
	5-5:30pm	Twigs Music	stART	Wiggle & Waltz	Story Savers		10:30-11	Open Gym
	5:30-6pm	Launchpad Sports	Launchpad Sports	Launchpad Sports	Launchpad Sports		11-11:30	Open Gym
	6-6:30pm	Tots in Action	Tots in Action	Tots in Action	Tots in Action			

Tigers (age 7-10)	4:30-5pm	Moji-Motion	Kid Spin	Moji-Motion	Kid Spin	Check Open Gym Schedule	10-10:30	Mindful Movement
	5-5:30pm	Twigs Music	stART	Wiggle & Waltz	Story Savers		10:30-11	Karaoke Cycling
	5:30-6pm	League	League	League	League		11-11:30	Open Gym
	6-6:30pm	League	League	League	League			

Lions (age 11-14) & Panthers (age 14-18)	4:30-5pm	Moji-Motion	Kid Spin	Moji-Motion	Kid Spin	Check Open Gym Schedule	10-10:30	Mindful Movement
	5-5:30pm	League	League	League	League		10:30-11	Karaoke Cycling
	5:30-6pm	Sticks Music	stART	League/ Dance	Actor's Playbook		11-11:30	Open Gym
	6-6:30pm	League	League	League/ Karaoke	League			

Adults (age 19+)	10-11am	Courage Challenge	Courage Art Challenge	Courage Challenge	Courage Challenge	Courage Challenge	10-10:30	Mindful Movement
	5:30-6pm	Sticks Music	League/ stART	League/ Dance	Actor's Playbook	Check Open Gym Schedule	10:30-11	Karaoke Cycling
	6-6:30pm	League / Rock & Roll	League	League/ Karaoke	League		11-11:30	Open Gym

GROW. DEVELOP. BELIEVE. PLAY.

Groups	Times	Monday	Tuesday	Wednesday	Thursday	Friday
Cubs (age 2-6)	4:30-5pm	Tumbling	Twigs	Lil Ninja	Tumbling	Check Open Gym Schedule
	5-5:30pm	Launchpad Sports	Launchpad Sports	Launchpad Sports	Launchpad Sports	
	5:30-6pm	Open Gym	Open Gym	Open Gym	Open Gym	

Lions (age 11-14) & Panthers (age 14-18)	4:30-5pm	Open Gym	Open Gym	Open Gym	Open Gym	Check Open Gym Schedule
	5-5:30pm	League	League	League	League	
	5:30-6pm	Sticks Music	Fantasy Fitness	Warrior Training	Actor's Playbook	

Adults (age 19+)	10-11am	Courage Challenge	Courage Challenge	Courage Challenge	Courage Challenge	Courage Challenge
	5:30-6pm	Sticks Music	Fantasy Fitness	Warrior Training	Actor's Playbook	Check Open Gym Schedule

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Ask us about Team Sports, Birthday Parties,
Summer Camps and more!

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