

## Courage League Sports | Winter 2018-2019 | Urbandale

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

Tigers (age 7-10)	4:30-5pm	Play On	Kid Spin	Play On	Play On	Check Open Gym Schedule	10-11:30am	Open Gym
	5-5:30pm	League	League	League	League		10-10:30am	Mindful Movement
	5:30-6pm	Sticks Music   Circuit	stART   Circuit	Kid Spin	Drama   Circuit		10:30-11am	Karaoke Cycling
	6-6:30pm	League	League	League	League			

Lions (age 11-14) & Panthers (age 14-18)	4:30-5pm	Play On	Kid Spin	Play On	Play On	Check Open Gym Schedule	10-11:30am	Open Gym
	5-5:30pm	League	League	League	League		10-10:30am	Mindful Movement
	5:30-6pm	Sticks Music   Circuit	stART   Circuit	Kid Spin   Pom Squad	Drama   Circuit		10:30-11am	Karaoke Cycling
	6-6:30pm	Power Sports   Cycling	League	League	League			
	6:30-7pm	Power Sports		Pick-Up Sports				

Adults (age 19+)	10-11am	Pump it Up   Active Adults	Artsy Adults   Active Adults	Cycling   Active Adults	Drumming   Game Board	Best of Adults	10-11:30am	Open Gym
	11-12pm		Balancing Act		Balancing Act	Check Open Gym Schedule	10-10:30am	Mindful Movement
	1-2pm	Pump it Up   Active Adults	Artsy Adults   Active Adults	Cycling   Active Adults	Drumming   Game Board		10:30-11am	Karaoke Cycling
	5:30-6pm	Sticks Music   Circuit	stART   Circuit	League   Pom Squad	Drama   Circuit			
	6-6:30pm	Power Sports   Cycling	League	League   Cycling	League			
	6:30-7 pm	Power Sports		Pick-Up Sports				

**GROW. DEVELOP. BELIEVE. PLAY.**