

| Time | Mon | Tue | Wed | Thu | Fri | Sat |
|---------------------------|-----------------|------------------------|-----------------|------------------------|----------------|------------|
| 5:30pm- 6:30pm | Kids GI | Kids GI | Kids GI | Kids GI | Kids GI | |
| 6:30pm- 8:00pm | Adult GI | Adult NO GI | Adult GI | Adult NO GI | | |