



Daxko Center  
April 30th - May 6th

6896 Montevallo Park Road  
Irondale, AL 35210  
(205) 802-1255

	TUE 30	WED 1	THU 2	FRI 3	SAT 4	SUN 5	MON 6
5am	<b>Ball and Barre Strength</b> Climbing Wall Barry Simpson 5am - 6am	<b>Ball and Barre Strength</b> Climbing Wall Barry Simpson 5am - 6am	<b>Ball and Barre Strength</b> Climbing Wall Barry Simpson 5am - 6am	<b>Ball and Barre Strength</b> Climbing Wall Barry Simpson 5am - 6am	<b>Ball and Barre Strength</b> Climbing Wall Barry Simpson 5am - 6am	<b>Ball and Barre Strength</b> Climbing Wall Barry Simpson 5am - 6am	
5pm	<b>Office Pickleball</b> Climbing Wall Gerard Ramsey 5:30pm - 8pm	<b>Office Pickleball</b> Climbing Wall Gerard Ramsey 5:30pm - 8pm	<b>Office Pickleball</b> Climbing Wall Gerard Ramsey 5:30pm - 8pm	<b>Office Pickleball</b> Climbing Wall Gerard Ramsey 5:30pm - 8pm			<b>Office Pickleball</b> Climbing Wall Gerard Ramsey 5:30pm - 8pm

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.