

# MONDAY

**BOOT CAMP W/ TRX**  
9:00 AM - 10:00 AM  
with Aresh

**CUSTOM BASKETBALL**  
3:30 PM - 4:30 PM

**KINDERGARTEN MULTI-SPORT MASH-UP**  
3:30 PM - 4:30 PM

**FENOM FIRE TRAVEL BASKETBALL PRACTICE**  
4:30 PM - 5:30 PM

**2ND-4TH GRADE GIRLS MULTI-SPORT MASH-UP**  
4:30 PM - 5:30 PM

**SPARTAN WARRIOR (GRADES 2-6)**  
5:30 PM - 6:30 PM

**3RD & 4TH GRADE BASKETBALL**  
5:30 PM - 6:30 PM

**FENOM FIRE TRAVEL BASKETBALL PRACTICE**  
5:30 PM - 7:00 PM

**FENOM FIRE TRAVEL BASKETBALL PRACTICE**  
7:00 PM - 8:30 PM

# TUESDAY

**CUSTOM KINDERGARTEN MASH-UP**  
10:30 AM - 11:15 AM

**TODDLER MULTI-SPORT MASH-UP**  
1:30 PM - 2:15 PM

**CUSTOM MULTI-SPORT MASH-UP**  
3:30 PM - 4:30 PM

**CUSTOM KINDERGARTEN MASH-UP**  
3:30 PM - 4:30 PM

**2ND GRADE IN-HOUSE LEAGUE**  
4:30 PM - 5:30 PM

**2ND GRADE IN-HOUSE LEAGUE**  
5:30 PM - 6:30 PM

**FENOM FIRE TRAVEL BASKETBALL PRACTICE**  
6:30 PM - 8:00 PM

**FENOM FIRE TRAVEL BASKETBALL PRACTICE**  
8:00 PM - 9:00 PM

# WEDNESDAY

**BOOT CAMP W/ TRX**  
with Aresh  
9:30 AM - 10:30 AM

**1ST GRADE BASKETBALL**  
3:30 PM - 4:30 PM

**FENOM FIRE TRAVEL BASKETBALL PRACTICE**  
4:30 PM - 6:00 PM

**3RD & 4TH GRADE GIRLS LACROSSE**  
6:30 PM - 7:30 PM

**FENOM FIRE TRAVEL BASKETBALL PRACTICE**  
7:00 PM - 8:00 PM

# THURSDAY

**CUSTOM MULTI-SPORT MASH-UP**  
3:30 PM - 4:30 PM

**2ND GRADE IN-HOUSE LEAGUE**  
3:30 PM - 4:30 PM

**2ND GRADE IN-HOUSE LEAGUE**  
4:30 PM - 5:30 PM

**2ND GRADE IN-HOUSE LEAGUE**  
5:30 PM - 6:30 PM

**FENOM FIRE TRAVEL BASKETBALL PRACTICE**  
6:30 PM - 7:30 PM

**FENOM FIRE TRAVEL BASKETBALL PRACTICE**  
7:30 PM - 9:00 PM

# FRIDAY

**MULTI-SPORT MASH-UP (AGES 3-5)**  
with Aresh  
1:00 PM - 2:00 PM

**CUSTOM MULTI-SPORT MASH-UP**  
3:30 PM - 4:30 PM

**CUSTOM KINDERGARTEN MASH-UP**  
3:30 PM - 4:30 PM

**BIRTHDAY PARTIES**  
5:00 PM - 7:00 PM

# SATURDAY

**IN-HOUSE BASKETBALL LEAGUE TOURNAMENTS**  
9:00 AM - 12:00 PM

**BIRTHDAY PARTIES**  
1:00 PM - 3:00 PM

**BIRTHDAY PARTIES**  
4:00 PM - 6:00 PM

# SUNDAY

**BIRTHDAY PARTIES**  
11:00 AM - 1:00 PM

**BIRTHDAY PARTIES**  
3:00 PM - 5:00 PM

**CUSTOM PROGRAMS**  
Parent organized private sports and fitness programs

**YOUTH PROGRAMS**  
Public sports and fitness programs including our classic multi-sport mash-ups for kids Pre-K and up

**ADULT PROGRAMS**  
Fitness programs for adults including Boot Camps, Surf Set, TRX, Yoga, and Spin

**SPECIALTY PROGRAMS**  
Specialty classes and Sports Specific clinics including Baseball, Basketball, Soccer, Lacrosse, and Spartan Warrior

**BIRTHDAY PARTIES**  
Sports and fitness themed Birthday Parties and Events available for kids and adults



67 Grant Ave, Harrison, NY 10528  
914-732-3000 www.fenomfit.com

# SESSION 2

● YOUTH PROGRAMS ● ADULT PROGRAMS ● SPECIALTY PROGRAMS ● BIRTHDAY PARTIES  
**DEC. 10TH, 2018 - MAR. 24TH, 2018**

See reverse side for exact session dates

**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****SATURDAY & SUNDAY**

DECEMBER 10TH

DECEMBER 11TH

DECEMBER 12TH

DECEMBER 13TH

DECEMBER 14TH

DECEMBER 15TH &amp; 16TH

DECEMBER 17TH

DECEMBER 18TH

DECEMBER 19TH

DECEMBER 20TH

DECEMBER 21ST

DECEMBER 22ND &amp; 23RD

JANUARY 7TH

JANUARY 8TH

JANUARY 9TH

JANUARY 10TH

JANUARY 11TH

JANUARY 5TH &amp; 6TH

JANUARY 14TH

JANUARY 15TH

JANUARY 16TH

JANUARY 17TH

JANUARY 18TH

JANUARY 12TH &amp; 13TH

JANUARY 28TH

JANUARY 22ND

JANUARY 23RD

JANUARY 24TH

JANUARY 25TH

JANUARY 26TH &amp; 27TH

FEBRUARY 4TH

JANUARY 29TH

JANUARY 30TH

JANUARY 31ST

FEBRUARY 1ST

FEBRUARY 2ND &amp; 3RD

FEBRUARY 11TH

FEBRUARY 5TH

FEBRUARY 6TH

FEBRUARY 7TH

FEBRUARY 8TH

FEBRUARY 9TH &amp; 10TH

FEBRUARY 25TH

FEBRUARY 12TH

FEBRUARY 13TH

FEBRUARY 14TH

FEBRUARY 15TH

FEBRUARY 16TH &amp; 17TH

MARCH 4TH

FEBRUARY 26TH

FEBRUARY 27TH

FEBRUARY 28TH

MARCH 1ST

MARCH 2ND &amp; 3RD

MARCH 11TH

MARCH 5TH

MARCH 6TH

MARCH 7TH

MARCH 8TH

MARCH 9TH &amp; 10TH

MARCH 18TH

MARCH 12TH

MARCH 13TH

MARCH 14TH

MARCH 15TH

MARCH 16TH &amp; 17TH

(11 WEEKS)

MARCH 19TH

MARCH 20TH

MARCH 21ST

MARCH 22ND

MARCH 23RD &amp; 24TH


**FENOM**

 67 Grant Ave, Harrison, NY 10528  
 914-732-3000 www.fenomfit.com

Dates listed are for Mash Up and Sports Series programs ONLY

Private training available all day

Custom classes are available

Please call us at 914-732-3000 for scheduling private sessions, adult classes, or rentals