| | Sunday | | Monday | | Tuesday | | | | | Wednesday | | | | | Thursday | | | | | | Friday | | | | Saturday | |
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| | Judo | Yoga | Yoga | Swim | Taiko | Swim | Karate | Ukulele | Piano | Judo | Yoga | Swim | Ballet | Kendo | Piano | Yoga | Pilates | Swim | Karate | Ikebana | Swim | Ukulele | Yoga | Karate | Judo | Swim |
| 6:00 AM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6:15 AM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6:30 AM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6:45 AM | | | | | | | | | | | Yoga - Studio | | | | | | | | | | | | | | | |
| 7:00 AM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7:15 AM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7:30 AM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7:45 AM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8:00 AM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8:15 AM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8:30 AM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8:45 AM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9:00 AM | | | | | | | | | | | | | | | | | | | | | | | | | Judo - Dojo | Swim - Pool |
| 9:15 AM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9:30 AM | | Yoga - Studio | | | | | | | | | | | | | | | Pilates - Studio | | | | | | Yoga - Studio | | | |
| 9:45 AM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10:00 AM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10:15 AM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10:30 AM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10:45 AM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11:00 AM | | | | | | | | | | | | | | | | | | | | Ikebana - Daly Hall | | | | | | |
| 11:15 AM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11:30 AM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11:45 AM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12:00 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12:15 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12:45 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1:00 PM | Judo - Dojo | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1:15 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1:45 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2:00 PM | | | | | | | | Ukulele - Daly Hall | | | | | | | | | | | | | | | | | | |
| 2:15 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2:45 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3:00 PM | | | | Swim - Pool | | Swim - Pool | | | | | | Swim - Pool | | | | | | Swim - Pool | | | Swim - Pool | Ukulele - Studio | | | | |
| 3:15 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3:45 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4:00 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4:15 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4:45 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5:00 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5:15 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5:45 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6:00 PM | | | | | Taiko - B.ball Court | | | | | Judo - Dojo | | | | | | Yoga - Com Room | | | | | | | | | | |
| 6:15 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6:45 PM | | | | | | | Karate - Dojo | | | | | | | | | | | | Karate - Dojo | | | | | Karate - Dojo | | |
| 7:00 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7:15 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7:30 PM | | | Yoga - Dojo | | | | | | | | Yoga - Dojo | | | | | | | | | | | | | | | |
| 7:45 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8:00 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8:15 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8:45 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9:00 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9:15 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9:45 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10:00 PM | | | | | | | | | | | | | | | | | | | | | | | | | | |