

**PARENTS OF WELBY WAY PRESENTS...**

# **FITNESS WEEK** **SCHEDULE**

**2025**



**\*WEAR YOUR FITNESS WEEK SHIRT ALL WEEK**

**MON**  
**3/24**

MORNING WORKOUT- YOGA (7:30-7:55AM)  
KINDER RECESS- BASKETBALL  
BIG YARD RECESS- RUNNING AND SOCCER  
KINDER LUNCH- SOCCER  
BIG YARD LUNCH- BASKETBALL, PICKLEBALL AND VOLLEYBALL

**TUES**  
**3/25**

MORNING WORKOUT- BOLLYWOOD DANCE (7:30-7:55AM)  
KINDER RECESS- CHEER/ DANCE, CRICKET  
BIG YARD RECESS- SOCCER AND PICKLEBALL  
KINDER LUNCH- SOCCER, AND JUMP ROPES  
BIG YARD LUNCH- CHEER/DANCE, PICKLEBALL, CRICKET  
AFTER SCHOOL- HIKING EL SCORPION TRAIL (4:15-5:45PM)

**WED**  
**3/26**

MORNING WORKOUT- GET MOVING WORKOUT(7:30-7:55AM)  
KINDER RECESS- MARTIAL ARTS  
BIG YARD RECESS- RUNNING AND VOLLEYBALL  
KINDER LUNCH- SOCCER AND BASKETBALL  
BIG YARD LUNCH- MARTIAL ARTS AND FLAG FOOTBALL

**THUR**  
**3/27**

MORNING WORKOUT- BOOTCAMP (7:30-7:55AM)  
KINDER RECESS- BASKETBALL DRILLS  
BIG YARD RECESS- BOOTCAMP AND RUNNING  
KINDER LUNCH- JOGGING/ RUNNING GAMES, BASKETBALL  
BIG YARD LUNCH- DANCE PARTY, BASKETBALL AND PICKLEBALL  
AFTERSCHOOL- HIKE AT VICTORY TRAIL HEAD (4:15-5:45PM)

**FRI**  
**3/27**

MORNING WORKOUT- MARITAL ARTS (7:30-7:55AM)  
KINDER RECESS- DANCE PARTY AND SOCCER  
BIG YARD RECESS- BOLLYWOOD AND PICKLEBALL  
KINDER LUNCH- OBSTACLE COURSE  
BIG YARD LUNCH- DANCE PARTY, FLAG FOOTBALL



**PLEASE VISIT OUR HEALTHY SNACK SHACK MON-THURS. AFTERSCHOOL BY THE AUDITORIUM**