

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

3RD GRADE GIRLS MULTI-SPORT MASH-UP
4:30 PM - 5:30 PM

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

3RD GRADE IN-HOUSE LEAGUE
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

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

1ST GRADE MULTI-SPORT MASH-UP
3:30 PM - 4:30 PM

SPARTAN WARRIOR (GRADES 3-5)
4:30 PM - 5:30 PM

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

3RD GRADE IN-HOUSE LEAGUE
6:00 PM - 7:00 PM

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

THURSDAY

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

CUSTOM MULTI-SPORT 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 - 7:30 PM

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

FRIDAY

PRE-K MASH-UP
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

FRIDAY NIGHT FRENZY BASKETBALL
7:00 PM - 8:30 PM

SATURDAY

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

SPARTAN WARRIOR (GRADES 2-4)
10:00 AM - 11:00 AM

BIRTHDAY PARTIES
1:00 PM - 3:00 PM

BIRTHDAY PARTIES
4:00 PM - 6:00 PM

SUNDAY

PRE-K MASH-UP
with Aresh
10:00 AM - 11:00 AM

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 1

● YOUTH PROGRAMS ● ADULT PROGRAMS ● SPECIALTY PROGRAMS ● BIRTHDAY PARTIES
SEPT. 10TH, 2018 - DEC. 9TH, 2018

See reverse side for exact session dates

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

SEPTEMBER 10TH

SEPTEMBER 11TH

SEPTEMBER 12TH

SEPTEMBER 13TH

SEPTEMBER 14TH

SEPTEMBER 15TH & 16TH

SEPTEMBER 17TH

SEPTEMBER 18TH

SEPTEMBER 19TH

SEPTEMBER 20TH

SEPTEMBER 21ST

SEPTEMBER 22ND & 23RD

SEPTEMBER 24TH

SEPTEMBER 25TH

SEPTEMBER 26TH

SEPTEMBER 27TH

SEPTEMBER 28TH

SEPTEMBER 29TH & 30TH

OCTOBER 1ST

OCTOBER 2ND

OCTOBER 3RD

OCTOBER 4TH

OCTOBER 5TH

OCTOBER 13TH & 14TH

OCTOBER 15TH

OCTOBER 9TH

OCTOBER 10TH

OCTOBER 11TH

OCTOBER 12TH

OCTOBER 20TH & 21ST

OCTOBER 22ND

OCTOBER 16TH

OCTOBER 17TH

OCTOBER 18TH

OCTOBER 19TH

OCTOBER 27TH & 28TH

OCTOBER 29TH

OCTOBER 23RD

OCTOBER 24TH

OCTOBER 25TH

OCTOBER 26TH

NOVEMBER 3RD & 4TH

NOVEMBER 5TH

OCTOBER 30TH

NOVEMBER 7TH

NOVEMBER 1ST

NOVEMBER 2ND

NOVEMBER 10TH & 11TH

NOVEMBER 12TH

NOVEMBER 13TH

NOVEMBER 14TH

NOVEMBER 8TH

NOVEMBER 9TH

NOVEMBER 17TH & 18TH

NOVEMBER 19TH

NOVEMBER 20TH

NOVEMBER 21ST

NOVEMBER 15TH

NOVEMBER 16TH

DECEMBER 1ST & 2ND

NOVEMBER 26TH

NOVEMBER 27TH

NOVEMBER 28TH

NOVEMBER 29TH

NOVEMBER 30TH

DECEMBER 8TH & 9TH

DECEMBER 3RD

DECEMBER 4TH

DECEMBER 5TH

DECEMBER 6TH

DECEMBER 7TH


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