

Schedule of Classes (Click on the Class Time to Sign Up)

Adult Core

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Senior League 10:30 AM - 12:00 PM	Doubles Clinic (3.0+) 10:30 AM - 12:00 PM	Stroke of The Week 12:00 - 1:00 PM		Cardio 8:00 - 9:00 AM	Cardio 8:00 - 9:00 AM
Cardio 6:00 - 7:00 PM	Control and Position (3.0) 7:00 - 8:30 PM	Cardio 6:00 - 7:00 PM	Rally Now 7:00 - 8:30 PM	Cardio 6:00 - 7:00 PM	Spin and Power (3.5-4.0) 9:00 - 10:30 AM	Rally Now 9:00 - 10:30 PM
Rally Now 7:00 - 8:30 PM		Adult Champs (4.0-4.5) 7:00 - 8:30 PM	Spin and Power (3.5-4.0) 7:00 - 8:30 PM	Cardio 7:00 - 8:00 PM	Control and Position (3.0) 1:00 - 2:30 PM	Rally Now Plus 11:00 - 12:30 PM
		Rally Now 7:00 - 8:30 PM	Rally Now Plus 7:00 - 8:30 PM			

Leagues

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					Control and Position League 2:30 - 4:00 PM	
Adult Champs League 8:00 - 9:30 PM	Spin and Power League (3.5+) 8:00 - 9:30 PM	Rally Now/Rally Now Plus League 8:00 - 9:30 PM	Control and Position League 8:00 - 9:30 PM		Spin and Power League 2:30 - 4:00 PM	Rally Now/Rally Now Plus League 1:00 - 2:30 PM

