

Adult Schedule

April



2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			8:00 Beg. Drills 1 8:00 Water Aerobics 9:00 All level Drills 9:00 Fit for Tennis 11:00 Sweat & Stretch 12:00 Pilates 5:30 Bootcamp 6:00 All Level Drills	2 9:00 Barre Fusion	10:30 Bootcamp 3 10:00 ASU WOMEN'S MATCH	4 10:00 ASU WOMEN'S MATCH 2:00 Men's Pro Play 4:00 Women's Pro Play
9:30 Yoga 5	8:00 All level Drills 6 9:00 Int. Drills 10:30 Zumba 6:00 All Level Drills 5:30 Bootcamp	10:00 ASU WOMEN'S MATCH 12:15 Pilates 5:30 Strength	8:00 Beg. Drills 8 8:00 Water Aerobics 9:00 All level Drills 9:00 Fit for Tennis 11:00 Sweat & Stretch 12:00 Pilates 5:30 Bootcamp 6:00 All Level Drills	9 9:00 Barre Fusion	10 10:30 Bootcamp	11 2:00 Men's Pro Play 4:00 Women's Pro Play
9:30 Yoga 12	8:00 All level drills 13 9:00 Int. Drills 10:30 Zumba 6:00 All Level Drills 5:30 Bootcamp	14 12:15 Pilates 5:30 Strength	8:00 Beg. Drills 15 8:00 Water Aerobics 9:00 All level Drills 9:00 Fit for Tennis 11:00 Sweat & Stretch 12:00 Pilates 5:30 Bootcamp 6:00 All Level Drills	16 9:00 Barre Fusion	17 10:30 Bootcamp 10-11:30 Kings and Queens (4.0+) 11:30-1:00 Kings and Queens (3.0-3.5)	18 2:00 Men's Pro Play 4:00 Women's Pro Play
9:30 Yoga 19	8:00 All level Drills 20 9:00 Int. Drills 10:30 Zumba 6:00 All Level Drills 5:30 Bootcamp	21 12:15 Pilates 5:30 Strength	8:00 Beg Drills 22 8:00 Water Aerobics 9:00 All level Drills 9:00 Fit for Tennis 10:30 Sweat & Stretch 12:00 Pilates 5:30 Bootcamp 6:00 All Level Drills	23 9:00 Barre Fusion	24 10:30 Bootcamp Smashers Spring Tournament Bash	25 2:00 Men's Pro Play 4:00 Women's Pro Play Smashers Spring Tournament Bash
9:30 Yoga 26	8:00 All Level Drills 27 9:00 Int. Drills 10:30 Zumba 6:00 All Level Drills 5:30 Bootcamp	28 12:15 Pilates 5:30 Strength	8:00 Beg Drills 29 8:00 Water Aerobics 9:00 All level Drills 9:00 Fit for Tennis 11:00 Sweat & Stretch 5:30 Bootcamp 6:00 Pro Exo	30 9:00 Barre Fusion		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 4:30 High Performance 4:30 Tournament Prep 5:30 Adv 1 Gym	2	3 Family Easter Egg Hunt	4
3:30 Adv. 2 Gym 5 3:30 Young Crushers 4:30 Smashers	6 3:30 Preschool Gym 4:30 High Performance 4:30 Tournament Prep 5:30 Int. Gymnastics	3:00 Baby Gym 7 3:30 Preschool Gym 3:30 Young Crushers 4:30 Smashers 5:30 Beg Gymnastics	8 4:30 High Performance 4:30 Tournament Prep 5:30 Adv 1 Gym	9	10	11
3:30 Adv. 2 Gym 12 3:30 Young Crushers 4:30 Smashers	13 3:30 Preschool Gym 4:30 High Performance 4:30 Tournament Prep 5:30 Int. Gymnastics	3:00 Baby Gym 14 3:30 Preschool Gym 3:30 Young Crushers 4:30 Smashers 5:30 Beg Gymnastics	15 4:30 High Performance 4:30 Tournament Prep 5:30 Adv 1 Gym	16 KIDS NIGHT 6-9PM	17	18
3:30 Adv. 2 Gym 19 3:30 Young Crushers 4:30 Smashers	20 3:30 Preschool Gym 4:30 High Performance 4:30 Tournament Prep 5:30 Int. Gymnastics	3:00 Baby Gym 21 3:30 Preschool Gym 3:30 Young Crushers 4:30 Smashers 5:30 Beg Gymnastics	22 4:30 High Performance 4:30 Tournament Prep 5:30 Adv 1 Gym	23	24	25
3:30 Adv. 2 Gym 26 3:30 Young Crushers 4:30 Smashers	27 3:30 Preschool Gym 4:30 High Performance 4:30 Tournament Prep 5:30 Int. Gymnastics	3:30 Preschool Gym 28 3:30 Young Crushers 4:30 Smashers 5:30 Beg Gymnastics	29 4:30 High Performance 4:30 Tournament Prep 5:30 Adv 1 Gym	30		