

Adult Schedule

August



2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 5:30 Yoga 6:00 Non-Stop Drills (2.5-3.0)	2 9:00 3.0-3.5 Tennis Drills 10:30 Zumba 5:30 Bootcamp 7:30 Adult Fencing	3 8:30 4.0+ Tennis Drills 11:00 Pilates 5:30 Strength	4 9:00 3.0-3.5 Tennis Drills 11:00 Sweat & Stretch 12:00 Pilates 5:30 Bootcamp 6:00 4.0+ Tennis Drills	5 9:00 Barre Fusion 9:00 Non-Stop Drills (2.5-3.0) 11:00 Yoga Flow 6:00 Friday Social 7:30 Adult Fencing	6 10:30 Bootcamp	7
8 5:30 Yoga 6:00 Non-Stop Drills (2.5-3.0)	9 9:00 3.0-3.5 Tennis Drills 10:30 Zumba 5:30 Bootcamp 7:30 Adult Fencing	10 8:30 4.0+ Tennis Drills 11:00 Pilates 5:30 Strength	11 9:00 3.0-3.5 Tennis Drills 11:00 Sweat & Stretch 12:00 Pilates 5:30 Bootcamp 6:00 4.0+ Tennis Drills	12 9:00 Barre Fusion 9:00 Non-Stop Drills (2.5-3.0) 11:00 Yoga Flow 7:30 Adult Fencing Ladies Calcutta	13 10:30 Bootcamp Ladies Calcutta	14 Ladies Calcutta
15 5:30 Yoga 6:00 Non-Stop Drills (2.5-3.0) 6:30 Book Club	16 9:00 3.0-3.5 Tennis Drills 10:30 Zumba 5:30 Bootcamp 7:30 Adult Fencing	17 8:30 4.0+ Tennis Drills 11:00 Pilates 5:30 Strength	18 9:00 3.0-3.5 Tennis Drills 11:00 Sweat & Stretch 12:00 Pilates 5:30 Bootcamp 6:00 4.0+ Tennis Drills	19 9:00 Barre Fusion 9:00 Non-Stop Drill 11:00 Yoga Flow 6:00 Friday Social 7:30 Adult Fencing	20 10:30 Bootcamp	21
22 5:30 Yoga 6:00 Non-Stop Drills (2.5-3.0)	23 9:00 3.0-3.5 Tennis Drills 10:30 Zumba 5:30 Bootcamp 7:30 Adult Fencing	24 8:30 4.0+ Tennis Drills 11:00 Pilates 5:30 Strength	25 9:00 3.0-3.5 Tennis Drills 11:00 Sweat & Stretch 12:00 Pilates 5:30 Bootcamp 6:00 4.0+ Tennis Drills	26 9:00 Barre Fusion 9:00 Non-Stop Drills (2.5-3.0) 11:00 Yoga Flow 7:30 Adult Fencing	27 10:30 Bootcamp	28
29 5:30 Yoga 6:00 Non-Stop Drills (2.5-3.0)	30 9:00 3.0-3.5 Tennis Drills 10:30 Zumba 5:30 Bootcamp 7:30 Adult Fencing					

Kids' Schedule

August



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 1:00 Smashers Beg. 1:30 Smasher Int. 2:30 Smashers Adv.	2 2:00 Big Hitters 4:30 Int. Gymnastics 6:30 Youth Fencing	3 1:00 Smashers Beg. 1:30 Smasher Int. 2:30 Smashers Adv. 3:30 Preschool Gym 5:30 Beg Gymnastics	4 2:00 Big Hitters 4:30 Adv. Gym	5 6:30 Youth Fencing	6	7
8 1:00 Smashers Beg. 1:30 Smasher Int. 2:30 Smashers Adv.	9 2:00 Big Hitters 4:30 Int. Gymnastics 6:30 Youth Fencing	10 1:00 Smashers Beg. 1:30 Smasher Int. 2:30 Smashers Adv. 3:30 Preschool Gym 5:30 Beg Gymnastics	11 2:00 Big Hitters 4:30 Adv Gym	12 6:30 Youth Fencing	13	14
15 1:00 Smashers Beg. 1:30 Smasher Int. 2:30 Smashers Adv.	16 2:00 Big Hitters 6:30 Youth Fencing	17 1:00 Smashers Beg. 1:30 Smasher Int. 2:30 Smashers Adv. 3:30 Preschool Gym	18 2:00 Big Hitters 4:30 Adv 1 Gym	19 6:30 Youth Fencing	20	21
22 3:30 Beginner Gym 4:30 Advanced Gym	23 3:30 Preschool Gym 6:30 Youth Fencing	24 3:00-3:30 Pee Wee Tennis 3:30 Smashers Intermediate 3:30 Beginner Gym 4:30 Intermediate Gym 4:30 Advanced Smashers	25	26 6:30 Youth Fencing	27	28
29 3:00-3:30 Pee Wee Tennis 3:30 Smashers Intermediate 3:30 Beginner Gym 4:30 Advanced Gym 4:30 Advanced Smashers	30 3:30 Preschool Gym 4:30 Bit Hitters 6:30 Youth Fencing					

