

Adult Schedule

December



2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 9:00 3.0-3.5 Tennis Drills 11:00 Sweat & Stretch 12:00 Pilates 5:30 Bootcamp	2 9:00 Barre Fusion 11:00 Yoga Sculpt 7:30 Adult Fencing	3 9:00 Pilates 10:30 Bootcamp 3:00 Mixed Doubles Tennis	4
5 9:00 Body Balance 5:00 Yoga Flow 5:30 Power Hour 6:00 Non-Stop Drills (2.5-3.0)	6 9:00 3.0-3.5 Tennis Drills 10:30 Zumba 5:30 Bootcamp 7:30 Adult Fencing	7 8:30 4.0+ Tennis Drills 9:00 Adult Swim with Adaira 11:00 Pilates 5:30 Strength	8 9:00 3.0-3.5 Tennis Drills 11:00 Sweat & Stretch 12:00 Pilates 5:30 Bootcamp	9 9:00 Barre Fusion 11:00 Yoga Sculpt 7:30 Adult Fencing	10 9:00 Pilates 10:30 Bootcamp	11
12 9:00 Body Balance 5:00 Yoga Flow 5:30 Power Hour 6:00 Non-Stop Drills (2.5-3.0) 6:00 Book Club	13 9:00 3.0-3.5 Tennis Drills 10:30 Zumba 5:30 Bootcamp 7:30 Adult Fencing	14 8:30 4.0+ Tennis Drills 9:00 Adult Swim with Adaira 11:00 Pilates 5:30 Strength	15 9:00 3.0-3.5 Tennis Drills 11:00 Sweat & Stretch 12:00 Pilates 5:30 Bootcamp	16 9:00 Barre Fusion 11:00 Yoga Sculpt 7:30 Adult Fencing	17 9:00 Pilates 10:30 Bootcamp 3:00 Mixed Doubles Tennis 6:00 DV CHRISTMAS PARTY	18
19 9:00 Body Balance 5:00 Yoga Flow 5:30 Power Hour 6:00 Non-Stop Drills (2.5-3.0)	20 9:00 3.0-3.5 Tennis Drills 10:30 Zumba 5:30 Bootcamp 7:30 Adult Fencing	21 8:30 4.0+ Tennis Drills 9:00 Adult Swim with Adaira 11:00 Pilates 5:30 Strength	22 9:00 3.0-3.5 Tennis Drills 11:00 Sweat & Stretch 12:00 Pilates 5:30 Bootcamp	23 Limited Hours 8-6pm	24 CLOSED	25 CLOSED
26 Limited Hours 8-6pm	27 9:00 3.0-3.5 Tennis Drills 10:30 Zumba 5:30 Bootcamp 7:30 Adult Fencing	28 8:30 4.0+ Tennis Drills 9:00 Adult Swim with Adaira 11:00 Pilates 5:30 Strength	29 9:00 3.0-3.5 Tennis Drills 11:00 Sweat & Stretch 12:00 Pilates 5:30 Bootcamp	30 9:00 Barre Fusion 11:00 Yoga Sculpt 7:30 Adult Fencing	31 Limited Hours 8-6pm	

Kids' Schedule

December



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 4:30 Big Hitters	2 6:30 Youth Fencing	3	4
5 3:00-3:30 Pee Wee Tennis 3:30 Smashers Intermediate 3:30 Beginner Gym 4:30 Advanced Gym 4:30 Advanced Smashers	6 3:30 Preschool Gym 4:30 Big Hitters 6:30 Youth Fencing	7 3:00-3:30 Pee Wee Tennis 3:30 Smashers Intermediate 3:30 Beginner Gym 4:30 Intermediate Gym 4:30 Advanced Smashers	8 4:30 Big Hitters	9 6:30 Youth Fencing	10	11
12 3:00-3:30 Pee Wee Tennis 3:30 Smashers Intermediate 3:30 Beginner Gym 4:30 Advanced Gym 4:30 Advanced Smashers	13 3:30 Preschool Gym 4:30 Big Hitters 6:30 Youth Fencing	14 3:00-3:30 Pee Wee Tennis 3:30 Smashers Intermediate 3:30 Beginner Gym 4:30 Intermediate Gym 4:30 Advanced Smashers	15 4:30 Big Hitters	16 6:30 Youth Fencing	17 6:00 DV KIDS CHRISTMAS PARTY	18
19 NO JUNIORS CLASSES OR CLINICS DEC 20th- JAN 2nd	20	21	22	23 Limited Hours 8-6pm	24 CLOSED	25 CLOSED
26	27	28	29	30	31 Limited Hours 8-6pm	