

# Adult Schedule

# February



# 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 Yoga 1	8:00 All level Drills 2 9:00 Int. Drills 10:30 Zumba 6:00 All Level Drills 5:30 Bootcamp	12:15 Pilates 3 5:30 Strength 6:00 Men's Night	8:00 Beg. Drills 4 8:00 Water Aerobics 9:00 All level Drills 9:00 Fit for Tennis 10:30 Sweat & Stretch 6:00 All Level Drills 5:30 Bootcamp	9:00 Barre Fusion 5 10:30 HIIT	10:30 Bootcamp 6 10-11:30 Kings and Queens (4.0+) 11:30-1:00 Kings and Queens (3.0-3.5)	7 2:00 Men's Pro Play 4:00 Women's Pro Play
9:30 Yoga 8	8:00 All level Drills 9 9:00 Int. Drills 10:30 Zumba 6:00 All Level Drills 5:30 Bootcamp	12:15 Pilates 10 5:30 Strength 6:00 Men's Night	8:00 Beg. Drills 11 8:00 Water Aerobics 9:00 All level Drills 9:00 Fit for Tennis 10:30 Sweat & Stretch 6:00 All Level Drills 5:30 Bootcamp	9:00 Barre Fusion 12 10:30 HIIT	10:30 Bootcamp 13 10:00am <b>V-DAY ROUND ROBIN</b>	14 2:00 Men's Pro Play 4:00 Women's Pro Play <i>Valentine's Day!</i>
9:30 Yoga 15	8:00 All level drills 16 9:00 Int. Drills 10:30 Zumba 6:00 All Level Drills 5:30 Bootcamp	12:15 Pilates 17 5:30 Strength 6:00 Men's Night	8:00 Beg. Drills 18 8:00 Water Aerobics 9:00 All level Drills 9:00 Fit for Tennis 10:30 Sweat & Stretch 6:00 All Level Drills 5:30 Bootcamp	9:00 Barre Fusion 19 10:30 HIIT	10:30 Bootcamp 20 FREE PT Seminar 10-11:30 Kings & Queens (4.0+) 11:30-1:00 Kings & Queens (3.0-3.5)	21 2:00 Men's Pro Play 4:00 Women's Pro Play
9:30 Yoga 22	8:00 All level Drills 23 9:00 Int. Drills 10:30 Zumba 6:00 All Level Drills 5:30 Bootcamp	12:15 Pilates 24 5:30 Strength 6:00 Men's Night	8:00 Beg Drills 25 8:00 Water Aerobics 9:00 All level Drills 9:00 Fit for Tennis 10:30 Sweat & Stretch 6:00 All Level Drills 5:30 Bootcamp	9:00 Barre Fusion 26 10:30 HIIT	10:30 Bootcamp 27 JR Clinic	28 2:00 Men's Pro Play 4:00 Women's Pro Play

# Kids' Schedule

# February



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:30 Adv. Gymnastics 1 3:30 Young Crushers 4:30 Soccer 4:30 Smashers	2 4:00 Baby Gymnastics 4:30 Volleyball 4:30 High Performance 4:30 Tournament Prep	3 3:30 Preschool Gym 3:30 Young Crushers 4:30 Smashers 5:30 Beg Gymnastics	4 4:30 Kids Fitness 4:30 High Performance 4:30 Tournament Prep  5:30 Int. Gymnastics	5	6	7
3:30 Adv. Gymnastics 8 3:30 Young Crushers 4:30 Soccer 4:30 Smashers	9 4:00 Baby Gymnastics 4:30 Volleyball 4:30 High Performance 4:30 Tournament Prep	10 3:30 Preschool Gym 3:30 Young Crushers 4:30 Smashers 5:30 Beg Gymnastics	11 4:30 Kids Fitness 4:30 High Performance 4:30 Tournament Prep  5:30 Int. Gymnastics	12	13  <b>Kids Night 6-9pm</b>	14
3:30 Adv. Gym 15 3:30 Young Crushers 4:30 Soccer 4:30 Smashers	16 4:00 Baby Gymnastics 4:30 Volleyball 4:30 High Performance 4:30 Tournament Prep	17 3:30 Preschool Gym 3:30 Young Crushers 4:30 Smashers 5:30 Beg Gymnastics	18 4:30 Kids Fitness 4:30 High Performance 4:30 Tournament Prep  5:30 Int. Gymnastics	19	20	21
3:30 Adv. Gym 22  3:30 Young Crushers 4:30 Smashers	23  4:30 High Performance 4:30 Tournament Prep	24 3:30 Preschool Gym 3:30 Young Crushers 4:30 Smashers 5:30 Beg Gymnastics	25 4:30 Kids Fitness 4:30 High Performance 4:30 Tournament Prep  5:30 Int. Gymnastics	26	27 Junior Intensive Tennis Clinic and Pizza Party 10-12	28