

Adult Schedule

July



2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 8:00 Fit for Tennis 9:00 All level Drills 9:00 Water Aerobics 11:00 Sweat & Stretch 12:00 Pilates 5:30 Bootcamp 6:00 Advanced Drills	2 9:00 Barre Fusion	3 10:00 4th of July Round Robin and Cookout 10:30 Bootcamp	4 2:00 Men's Pro Play 4:00 Women's Pro Play
5 9:00 Beginner Clinic 9:30 Yoga	6 9:00 All Level Drills 10:30 Zumba 6:00 All Level Drills 5:30 Bootcamp	7 9:00 Intermediate Clinic 12:15 Pilates 5:30 Strength	8 8:00 Fit for Tennis 9:00 All level Drills 9:00 Water Aerobics 11:00 Sweat & Stretch 12:00 Pilates 5:30 Bootcamp 6:00 Advanced Drills	9 9:00 Barre Fusion	10 10:30 Bootcamp	11 2:00 Men's Pro Play 4:00 Women's Pro Play
12 9:00 Beginner Clinic 9:30 Yoga	13 9:00 All Level Drills 10:30 Zumba 6:00 All Level Drills 5:30 Bootcamp	14 9:00 Intermediate Clinic 12:15 Pilates 5:30 Strength	15 8:00 Fit for Tennis 9:00 All level Drills 9:00 Water Aerobics 11:00 Sweat & Stretch 12:00 Pilates 5:30 Bootcamp 6:00 Advanced 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
19 9:00 Beginner Clinic 9:30 Yoga	20 9:00 All Level Drills 10:30 Zumba 6:00 All Level Drills 5:30 Bootcamp	21 9:00 Intermediate Clinic 12:15 Pilates 5:30 Strength	22 8:00 Fit for Tennis 9:00 All level Drills 9:00 Water Aerobics 10:30 Sweat & Stretch 12:00 Pilates 5:30 Bootcamp	23 9:00 Barre Fusion Men's Calcutta-Players Party	24 10:30 Bootcamp Men's Calcutta-Group Play Stages	25 2:00 Men's Pro Play 4:00 Women's Pro Play Men's Calcutta-Finals
26 9:00 Beginner Clinic 9:30 Yoga	27 9:00 All Level Drills 10:30 Zumba 6:00 All Level Drills 5:30 Bootcamp	28 9:00 Intermediate Clinic 12:15 Pilates 5:30 Strength	29	30	31	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 2:30 Big Hitters 4:30 Adv 1 Gym	2 2:30 Smashers Beg/Int. 3:30 Smashers Advanced	3 10:00 4th of July Round Robin and Cookout	4
3:30 Adv. 2 Gym 5 2:30 Smasher Beg/Int. 3:30 Smashers Adv.	6 3:30 Preschool Gym 2:30 Big Hitters 4:30 Int. Gymnastics	7 3:00 Baby Gym 3:30 Preschool Gym 2:30 Young Crushers 4:30 Smashers 4:30 Beg Gymnastics	8 2:30 Big Hitters 4:30 Adv 1 Gym	9 2:30 Smashers Beg/Int. 3:30 Smashers Advanced	10 OPEN GYM 11-1pm	11
3:30 Adv. 2 Gym 12 2:30 Smasher Beg/Int. 3:30 Smashers Adv. JR Tennis Camp (all ages)	13 3:30 Preschool Gym 2:30 Big Hitters 4:30 Int. Gymnastics JR Tennis Camp (all ages)	14 3:00 Baby Gym 3:30 Preschool Gym 2:30 Smasher Beg/Int. 3:30 Smashers Adv. 4:30 Beg Gymnastics JR Tennis Camp (all ages)	15 2:30 Big Hitters 4:30 Adv 1 Gym JR Tennis Camp (all ages)	16 2:30 Smashers Beg/Int. 3:30 Smashers Advanced JR Tennis Camp (all ages)	17	18
3:30 Adv. 2 Gym 19 2:30 Smasher Beg/Int. 3:30 Smashers Adv.	20 3:30 Preschool Gym 2:30 Big Hitters 4:30 Int. Gymnastics	21 3:00 Baby Gym 3:30 Preschool Gym 2:30 Smasher Beg/Int. 3:30 Smashers Adv. 4:30 Beg Gymnastics	22 2:30 Big Hitters 4:30 Adv 1 Gym	23 2:30 Smashers Beg/Int. 3:30 Smashers Advanced KIDS MOVIE NIGHT 6-9pm	24	25
3:30 Adv. 2 Gym 26 2:30 Smasher Beg/Int. 3:30 Smashers Adv.	27 3:30 Preschool Gym 2:30 Big Hitters 4:30 Int. Gymnastics	28 3:30 Preschool Gym 2:30 Smasher Beg/Int. 3:30 Smashers Adv. 4:30 Beg Gymnastics	29	30	31	

