

# Adult Schedule

# March



# 2021

| Monday       | Tuesday                                                                                               | Wednesday                                                   | Thursday                                                                                                                                                                       | Friday               | Saturday                                                               | Sunday                                                                         |
|--------------|-------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| 9:30 Yoga 1  | 8:00 All level Drills 2<br>9:00 Int. Drills<br>10:30 Zumba<br>6:00 All Level Drills<br>5:30 Bootcamp  | 12:15 Pilates 3<br>5:30 Strength                            | 8:00 Beg. Drills 4<br>8:00 Water Aerobics<br>9:00 All level Drills<br>9:00 Fit for Tennis<br>11:00 Sweat & Stretch<br>12:00 Pilates<br>6:00 All Level Drills<br>5:30 Bootcamp  | 9:00 Barre Fusion 5  | 10:30 Bootcamp 6<br><b>10:00 ASU WOMEN'S MATCH</b>                     | 10:00 <b>ASU WOMEN'S MATCH</b><br>2:00 Men's Pro Play<br>4:00 Women's Pro Play |
| 9:30 Yoga 8  | 8:00 All level Drills 9<br>9:00 Int. Drills<br>10:30 Zumba<br>6:00 All Level Drills<br>5:30 Bootcamp  | 12:15 Pilates 10<br>5:30 Strength                           | 8:00 Beg. Drills 11<br>8:00 Water Aerobics<br>9:00 All level Drills<br>9:00 Fit for Tennis<br>11:00 Sweat & Stretch<br>12:00 Pilates<br>6:00 All Level Drills<br>5:30 Bootcamp | 9:00 Barre Fusion 12 | 10:30 Bootcamp 13<br><br><b>St. Patty's Day Round Robin 3-5pm</b>      | 2:00 Men's Pro Play 14<br>4:00 Women's Pro Play                                |
| 9:30 Yoga 15 | 8:00 All level drills 16<br>9:00 Int. Drills<br>10:30 Zumba<br>6:00 All Level Drills<br>5:30 Bootcamp | <b>St. Patty's Day</b> 17<br>12:15 Pilates<br>5:30 Strength | 8:00 Beg. Drills 18<br>8:00 Water Aerobics<br>9:00 All level Drills<br>9:00 Fit for Tennis<br>11:00 Sweat & Stretch<br>12:00 Pilates<br>6:00 All Level Drills<br>5:30 Bootcamp | 9:00 Barre Fusion 19 | 10:30 Bootcamp 20<br><b>JR HIGH SCHOOL TOURNAMENT 3-6pm Ages 13-18</b> | 2:00 Men's Pro Play 21<br>4:00 Women's Pro Play                                |
| 9:30 Yoga 22 | 8:00 All level Drills 23<br>9:00 Int. Drills<br>10:30 Zumba<br>6:00 All Level Drills<br>5:30 Bootcamp | 12:15 Pilates 24<br>5:30 Strength                           | 8:00 Beg Drills 25<br>8:00 Water Aerobics<br>9:00 All level Drills<br>9:00 Fit for Tennis<br>11:00 Sweat & Stretch<br>12:00 Pilates<br>6:00 All Level Drills<br>5:30 Bootcamp  | 9:00 Barre Fusion 26 | 10:30 Bootcamp 27<br><br><b>JR SHASHERS TOURNAMENT Ages 8-12 2-5pm</b> | 2:00 Men's Pro Play 28<br>4:00 Women's Pro Play                                |
| 9:30 Yoga 29 | 8:00 All Level Drills 30<br>9:00 Int. Drills<br>10:30 Zumba<br>6:00 All Level Drills<br>5:30 Bootcamp | 12:15 Pilates 31<br>5:30 Strength                           |                                                                                                                                                                                |                      |                                                                        |                                                                                |

# Kids' Schedule

# March



| Monday                                                         | Tuesday                                                                                           | Wednesday                                                                                                | Thursday                                                                         | Friday | Saturday                                                                       | Sunday |
|----------------------------------------------------------------|---------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|--------|--------------------------------------------------------------------------------|--------|
| 3:30 Adv. 2 Gym 1<br>3:30 Young Crushers<br>4:30 Smashers      | 2<br>3:30 Preschool Gym<br>4:30 High Performance<br>4:30 Tournament Prep<br>5:30 Int. Gymnastics  | 3<br>3:00 Baby Gym<br>3:30 Preschool Gym<br>3:30 Young Crushers<br>4:30 Smashers<br>5:30 Beg Gymnastics  | 4<br>4:30 High Performance<br>4:30 Tournament Prep<br><br>5:30 Adv.1 Gymnastics  | 5      | 6                                                                              | 7      |
| 3:30 Adv. 2 Gym 8<br>3:30 Young Crushers<br>4:30 Smashers      | 9<br>3:30 Preschool Gym<br>4:30 High Performance<br>4:30 Tournament Prep<br>5:30 Int. Gymnastics  | 10<br>3:00 Baby Gym<br>3:30 Preschool Gym<br>3:30 Young Crushers<br>4:30 Smashers<br>5:30 Beg Gymnastics | 11<br>4:30 High Performance<br>4:30 Tournament Prep<br><br>5:30 Adv.1 Gymnastics | 12     | 13<br><b>St. Patty's Day<br/>Gymnastics<br/>Camp<br/>10-1pm</b>                | 14     |
| 3:30 Adv. 2 Gym 15<br>3:30 Young Crushers<br>4:30 Smashers     | 16<br>3:30 Preschool Gym<br>4:30 High Performance<br>4:30 Tournament Prep<br>5:30 Int. Gymnastics | 17<br>3:00 Baby Gym<br>3:30 Preschool Gym<br>3:30 Young Crushers<br>4:30 Smashers<br>5:30 Beg Gymnastics | 18<br>4:30 High Performance<br>4:30 Tournament Prep<br><br>5:30 Adv.1 Gymnastics | 19     | 20<br><b>JR HIGH SCHOOL<br/>TENNIS<br/>TOURNAMENT<br/>3-6pm<br/>Ages 13-18</b> | 21     |
| 3:30 Adv. 2 Gym 22<br><br>3:30 Young Crushers<br>4:30 Smashers | 23<br>3:30 Preschool Gym<br>4:30 High Performance<br>4:30 Tournament Prep<br>5:30 Int. Gymnastics | 24<br>3:00 Baby Gym<br>3:30 Preschool Gym<br>3:30 Young Crushers<br>4:30 Smashers<br>5:30 Beg Gymnastics | 25<br>4:30 High Performance<br>4:30 Tournament Prep<br><br>5:30 Adv.1 Gymnastics | 26     | 27<br><b>Smashers<br/>Tournament<br/>Ages 8-12<br/>2-5pm</b>                   | 28     |
| 3:30 Adv. 2 Gym 29<br>3:30 Young Crushers<br>4:30 Smashers     | 30<br>3:30 Preschool Gym<br>4:30 High Performance<br>4:30 Tournament Prep<br>5:30 Int. Gymnastics | 31<br>3:00 Baby Gym<br>3:30 Preschool Gym<br>3:30 Young Crushers<br>4:30 Smashers<br>5:30 Beg Gymnastics |                                                                                  |        |                                                                                |        |

