

# Adult Schedule

# September



# 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 9:00 Intermediate Clinic 11:00 Pilates 5:30 Strength 5:30 Yoga	2 9:00 Fit for Tennis 9:00 All level Drills 11:00 Sweat & Stretch 12:00 Pilates 5:30 Bootcamp 6:00 Advanced Drills	3 9:00 Barre Fusion	4 10:30 Bootcamp 9-10:30 Kings and Queens (4.0+) 10:30-12:00 Kings and Queens (3.0-3.5)	5
6 <b>LABOR DAY!</b> 9:00 Beginner Clinic 9:30 Yoga	7 9:00 All Level Drills 10:30 Zumba 6:00 All Level Drills 5:30 Bootcamp	8 9:00 Intermediate Clinic 11:00 Pilates 5:30 Strength 5:30 Yoga	9 9:00 Fit for Tennis 9:00 All level Drills 11:00 Sweat & Stretch 12:00 Pilates 5:30 Bootcamp 6:00 Advanced Drills	10 9:00 Barre Fusion	11 10:30 Bootcamp	12 <b>Chiari Fundraiser</b>
13 9:00 Beginner Clinic 9:30 Yoga	14 9:00 All Level Drills 10:30 Zumba 6:00 All Level Drills 5:30 Bootcamp	15 9:00 Intermediate Clinic 11:00 Pilates 5:30 Strength	16 9:00 Fit for Tennis 9:00 All level Drills 11:00 Sweat & Stretch 12:00 Pilates 5:30 Bootcamp 6:00 Advanced Drills	17 9:00 Barre Fusion  <b>JR TENNIS FUNDRAISER</b>	18 10:30 Bootcamp	19
20 9:00 Beginner Clinic 9:30 Yoga	21 9:00 All Level Drills 10:30 Zumba 6:00 All Level Drills 5:30 Bootcamp	22 9:00 Intermediate Clinic 11:00 Pilates 5:30 Strength 5:30 Yoga	23 9:00 Fit for Tennis 9:00 All level Drills 10:30 Sweat & Stretch 12:00 Pilates 5:30 Bootcamp 6:00 Advanced Drills	24 9:00 Barre Fusion  <b>Family Field Movie Night</b>	25 10:30 Bootcamp  <b>Smashers Tournament</b>	26
27 9:00 Beginner Clinic 9:30 Yoga	28 9:00 All Level Drills 10:30 Zumba 6:00 All Level Drills 5:30 Bootcamp	29 9:00 Intermediate Clinic 11:00 Pilates 5:30 Strength 5:30 Yoga	30 9:00 Fit for Tennis 9:00 All level Drills 10:30 Sweat & Stretch 12:00 Pilates 5:30 Bootcamp 6:00 Advanced Drills			29

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2 3:30 Boys Gymnastics 4:30 Big Hitters 5:30 Adv 1 Gym	3	4	5
3:30 Adv. 2 Gym 6 3:30 Smasher Beg/Int. 4:30 Smashers Adv.  <b>LABOR DAY!</b>	3:30 Preschool Gym 7 2:30 Big Hitters 4:30 Int. Gymnastics	3:00 Baby Gym 8 3:30 Preschool Gym 3:30 Smashers Beg/Int 4:30 Smashers Adv 5:30 Beg Gymnastics	3:30 Boys Gymnastics 9 4:30 Big Hitters 5:30 Adv 1 Gym	Kids' Movie Night 10 6-9pm	11	Chiari Fundraiser 12
3:30 Adv. 2 Gym 13 3:30 Smasher Beg/Int. 4:30 Smashers Adv.	3:30 Preschool Gym 14 2:30 Big Hitters 4:30 Int. Gymnastics	3:00 Baby Gym 15 3:30 Preschool Gym 3:30 Smasher Beg/Int. 4:30 Smashers Adv. 5:30 Beg Gymnastics	3:30 Boys Gymnastics 16 4:30 Big Hitters 5:30 Adv 1 Gym	JR TENNIS FUNDRAISER 17	18	19
3:30 Adv. Gym 2 20  3:30 Smasher Beg/Int. 4:30 Smashers Adv.	3:30 Preschool Gym 21 4:30 Big Hitters 4:30 Int. Gymnastics	3:00 Baby Gym 22 3:30 Preschool Gym 3:30 Smasher Beg/Int. 4:30 Smashers Adv. 5:30 Beg Gymnastics	3:30 Boys Gymnastics 23 4:30 Big Hitters 5:30 Adv 1 Gym	Family Field Movie Night 24	Smashers Tournament 25	26
3:30 Adv. Gym 2 27 3:30 Smasher Beg/Int. 4:30 Smashers Adv.	3:30 Preschool Gym 28 4:30 Big Hitters 4:30 Int. Gymnastics	3:00 Baby Gym 29 3:30 Preschool Gym 3:30 Smasher Beg/Int. 4:30 Smashers Adv. 5:30 Beg Gymnastics	3:30 Boys Gymnastics 30 4:30 Big Hitters 5:30 Adv 1 Gym			

