



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		8:30-10 3.0/3.5 Co-Ed		8:30- 10 am 3.0/3.5 Co-Ed Cardio & Drills	8 -9 am Cardio Tennis	
	8:30-10 3.5 CIWITL		9:30-11:00am 2.5 CIWITL			
10-11am Cardio Tennis	10-11:30 4.0 + Co-Ed	10-11am Cardio Tennis		10-11am Cardio Tennis		
12-1pm Cardio Pickleball		12-1pm Cardio Pickleball	Intro to tennis 11-12pm	11-12:30pm 3.0 /3.5 CIWITL		
	12-1pm Pickleball Drills			12:30-1:30pm Cardio Pickleball		
5:30-6:30 Cardio Tennis			6:30-8pm 4.0 Women			
6:30-7:30pm Pickleball Drills		Instructional Pickleball League 7:30-9pm				
7:30-8:30pm Cardio Pickleball						



FIND • YOUR • FIT

Please download the Community Sports & Wellness App and reserve your spot before classes fill up! *Registering online or the App is recommended. *