

ADULT

MAY 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 8am 3.5-5.0 Adv Drill 9:30am 3.0/3.5 Int Drill 11am 2.5-3.5 Cardio 12pm 3.5+ Cardio
2 11am 3.0/3.5 Int Drill 12:30pm 4.0-5.0 Hi Adv Drill	3 9am 4.0+ Drill & Play 6pm 3.5+ Int Drill	4 12pm Daytime Drill 6pm 3.0+ Drill	5 11am Men's Day 6pm 4.0+ Drill	6 9am 3.0/3.5 Drill & Play 12pm Daytime Drill <i>Ladies Season-Ending SMASH!</i>	7 1pm 3.5+ Drill & Play 1pm 4.0+ Drill & Play 6pm 2.5/3.0 Drill & Play	8 8am 3.5-5.0 Adv Drill 9:30am 3.0/3.5 Int Drill 11am 2.5-3.5 Cardio 12pm 3.5+ Cardio
9 11am 3.0/3.5 Int Drill 12:30pm 4.0-5.0 Hi Adv Drill	10 9am 4.0+ Drill & Play 6pm 3.5+ Int Drill	11 12pm Daytime Drill 6pm 3.0+ Drill	12 11am Men's Day 6pm 4.0+ Drill	13 9am 3.0/3.5 Drill & Play 12pm Daytime Drill	14 1pm 3.5+ Drill & Play 1pm 4.0+ Drill & Play 6pm 2.5/3.0 Drill & Play	15 8am 3.5-5.0 Adv Drill 9:30am 3.0/3.5 Int Drill 11am 2.5-3.5 Cardio 12pm 3.5+ Cardio FREE GUEST DAY
16 11am 3.0/3.5 Int Drill 12:30pm 4.0-5.0 Hi Adv Drill	17 9am 4.0+ Drill & Play 6pm 3.5+ Int Drill	18 12pm Daytime Drill 6pm 3.0+ Drill	19 11am Men's Day 6pm 4.0+ Drill	20 9am 3.0/3.5 Drill & Play 12pm Daytime Drill	21 1pm 3.5+ Drill & Play 1pm 4.0+ Drill & Play 6pm 2.5/3.0 Drill & Play	22 8am 3.5-5.0 Adv Drill 9:30am 3.0/3.5 Int Drill 11am 2.5-3.5 Cardio 12pm 3.5+ Cardio
23 11am 3.0/3.5 Int Drill 12:30pm 4.0-5.0 Hi Adv Drill	24 9am 4.0+ Drill & Play 6pm 3.5+ Int Drill	25 12pm Daytime Drill 6pm 3.0+ Drill	26 11am Men's Day 6pm 4.0+ Drill	27 9am 3.0/3.5 Drill & Play 12pm Daytime Drill	28 1pm 3.5+ Drill & Play 1pm 4.0+ Drill & Play 6pm 2.5/3.0 Drill & Play 7pm 3.5/4.0 Double Trouble	29 8am 3.5-5.0 Adv Drill 9:30am 3.0/3.5 Int Drill 11am 2.5-3.5 Cardio 12pm 3.5+ Cardio
30 11am 3.0/3.5 Int Drill 12:30pm 4.0-5.0 Hi Adv Drill						