


**ADULT**

# SEPTEMBER 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b> <b>1pm</b> 3.0-3.5 Drill & Play <b>1pm</b> 4.0 and up Drill & Play	<b>2</b> <b>8am</b> 3.5 and up MOD Drill <b>9:30am</b> 3.0-3.5 MOD Drill <b>11am</b> QuickStart <b>11am</b> 2.5-3.5 Cardio <b>12pm</b> 3.5+ Cardio
<b>3</b> <b>11am</b> 3.0-3.5 MOD Drill <b>12:30pm</b> 4.0 & up MOD Drill	 <b>Club Closed</b>	<b>5</b> <b>12pm</b> 2.5-3.5 MOD Drill <b>1pm</b> Ladies 4.0 Interclub <b>6pm</b> 2.5-3.5 MOD Drill	<b>6</b> <b>6pm</b> 4.0 and up MOD Drill <b>7:30pm</b> 2.5-3.0 Drill & Play	<b>7</b> <b>9am</b> 3.0-3.5 Drill & Play <b>10am</b> Ladies 4.5 Interclub <b>12pm</b> 3.5 and up MOD <b>6pm</b> QuickStart	<b>8</b> <b>9am</b> Ladies 3.0 Interclub <b>11am</b> Ladies 2.5 Interclub <b>1pm</b> 3.0-3.5 Drill & Play <b>1pm</b> 4.0 and up Drill & Play	<b>9</b> <b>8am</b> 3.5 and up MOD Drill <b>9:30am</b> 3.0-3.5 MOD Drill <b>9:30am/11am</b> T3 Fitness <b>11am</b> QuickStart <b>11am</b> 2.5-3.5 Cardio <b>12pm</b> 3.5+ Cardio
<b>10</b> <b>11am</b> 3.0-3.5 MOD Drill <b>12:30pm</b> 4.0 & up MOD Drill	<b>11</b> <b>9am</b> 3.5-4.0 Drill & Play <b>1pm</b> Ladies 3.5 Interclub <b>6pm</b> 3.0-4.0 MOD Drill	<b>12</b> <b>8am</b> Sunrise League <b>12pm</b> 2.5-3.5 MOD Drill <b>1pm</b> Ladies 4.0 Interclub <b>6pm</b> 2.5-3.5 MOD Drill	<b>13</b> <b>6pm</b> 4.0 and up MOD Drill <b>7:30pm</b> 2.5-3.0 Drill & Play	<b>14</b> <b>9am</b> 3.0-3.5 Drill & Play <b>10am</b> Ladies 4.5 Interclub <b>12pm</b> 3.5 and up MOD <b>6pm</b> QuickStart	<b>15</b> <b>9am</b> Ladies 3.0 Interclub <b>11am</b> Ladies 2.5 Interclub <b>1pm</b> 3.0-3.5 Drill & Play <b>1pm</b> 4.0 and up Drill & Play	<b>16</b> <b>8am</b> 3.5 and up MOD Drill <b>9:30am</b> 3.0-3.5 MOD Drill <b>9:30am/11am</b> T3 Fitness <b>11am</b> QuickStart <b>11am</b> 2.5-3.5 Cardio <b>12pm</b> 3.5+ Cardio
<b>17</b> <b>11am</b> 3.0-3.5 MOD Drill <b>12:30pm</b> 4.0 & up MOD Drill	<b>18</b> <b>9am</b> 3.5-4.0 Drill & Play <b>1pm</b> Ladies 3.5 Interclub <b>6pm</b> 3.0-4.0 MOD Drill	<b>19</b> <b>8am</b> Sunrise League <b>12pm</b> 2.5-3.5 MOD Drill <b>1pm</b> Ladies 4.0 Interclub <b>6pm</b> 2.5-3.5 MOD Drill	<b>20</b> <b>6pm</b> 4.0 and up MOD Drill <b>7:30pm</b> 2.5-3.0 Drill & Play	<b>21</b> <b>9am</b> 3.0-3.5 Drill & Play <b>10am</b> Ladies 4.5 Interclub <b>12pm</b> 3.5 and up MOD <b>6pm</b> QuickStart	<b>22</b> <b>9am</b> Ladies 3.0 Interclub <b>11am</b> Ladies 2.5 Interclub <b>1pm</b> 3.0-3.5 Drill & Play <b>1pm</b> 4.0 and up Drill & Play	<b>23</b> <b>8am</b> 3.5 and up MOD Drill <b>9:30am</b> 3.0-3.5 MOD Drill <b>9:30am/11am</b> T3 Fitness <b>11am</b> QuickStart <b>11am</b> 2.5-3.5 Cardio <b>12pm</b> 3.5+ Cardio
						<b>Free Guest Day</b>
<b>24</b> <b>11am</b> 3.0-3.5 MOD Drill <b>12:30pm</b> 4.0 & up MOD Drill	<b>25</b> <b>9am</b> 3.5-4.0 Drill & Play <b>1pm</b> Ladies 3.5 Interclub <b>6pm</b> 3.0-4.0 MOD Drill	<b>26</b> <b>8am</b> Sunrise League <b>12pm</b> 2.5-3.5 MOD Drill <b>1pm</b> Ladies 4.0 Interclub <b>6pm</b> 2.5-3.5 MOD Drill	<b>27</b> <b>6pm</b> 4.0 and up MOD Drill <b>7:30pm</b> 2.5-3.0 Drill & Play	<b>28</b> <b>9am</b> 3.0-3.5 Drill & Play <b>10am</b> Ladies 4.5 Interclub <b>12pm</b> 3.5 and up MOD <b>6pm</b> QuickStart	<b>29</b> <b>9am</b> Ladies 3.0 Interclub <b>11am</b> Ladies 2.5 Interclub <b>1pm</b> 3.0-3.5 Drill & Play <b>1pm</b> 4.0 and up Drill & Play	<b>30</b> <b>8am</b> 3.5 and up MOD Drill <b>9:30am</b> 3.0-3.5 MOD Drill <b>9:30am/11am</b> T3 Fitness <b>11am</b> QuickStart <b>11am</b> 2.5-3.5 Cardio <b>12pm</b> 3.5+ Cardio