

ADULT

DECEMBER 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 7:30am 4.5 and up MOD 9am 3.0-3.5 MOD 10:30am 4.0 and up MOD 5pm Singles Ladder 6:30pm Singles Ladder	2 9am 3.5-4.0 Drill & Play 11am Ladies 2.5 Singles Lg 1pm 3.5 Ladies DD 5:30pm 3.5 and up Serve and Return 6:30pm 3.0-4.0 MOD 8pm Big Dogs	3 8am Sunrise League 12pm 2.5-3.5 MOD 1pm 4.0 Ladies DD 5:30pm 3.5 and below Serve & Return 6:30pm 2.5-3.5 MOD 8pm Men's Night	4 11am Men's Day 1pm 2.5 Ladies DD 6pm 4.0 and up MOD 7:30pm 2.5-3.0 Drill & Play	5 9am 3.0-3.5 Drill & Play 10am 4.5 Ladies DD 12pm 3.5 and up MOD 6pm QuickStart 1 7pm QuickStart 2 8pm Ladies Night	6 8am 3.5 and up Cardio 9am/11am 3.0 Ladies Daytime Doubles 1pm 3.0-3.5 Drill & Play 1pm 4.0 and up Drill & Play 7pm 6.0 Friday Mixer 6pm Dink & Drink	7 8am 3.5 and up MOD 9:30am 3.0-3.5 MOD 11am 2.5-3.5 Cardio 12pm 3.5+ Cardio 1:30pm QuickStart 1 2:30pm QuickStart 2
8 7:30am 4.5 and up MOD 9am 3.0-3.5 MOD 10:30am 4.0 and up MOD 5pm Singles Ladder 6:30pm Singles Ladder	9 9am 3.5-4.0 Drill & Play 11am Ladies 2.5 Singles Lg 1pm 3.5 Ladies DD 5:30pm 3.5 and up Serve and Return 6:30pm 3.0-4.0 MOD 8pm Big Dogs	10 8am Sunrise League 12pm 2.5-3.5 MOD 1pm 4.0 Ladies DD 5:30pm 3.5 and below Serve & Return 6:30pm 2.5-3.5 MOD 8pm Men's Night	11 11am Men's Day 1pm 2.5 Ladies DD 6pm 4.0 and up MOD 7:30pm 2.5-3.0 Drill & Play	12 9am 3.0-3.5 Drill & Play 10am 4.5 Ladies DD 12pm 3.5 and up MOD 6pm QuickStart 1 7pm QuickStart 2 8pm Ladies Night	13 8am 3.5 and up Cardio 9am/11am 3.0 Ladies Daytime Doubles 1pm 3.0-3.5 Drill & Play 1pm 4.0 and up Drill & Play 7pm 7.0 Friday Mixer	14 8am 3.5 and up MOD 9:30am 3.0-3.5 MOD 11am 2.5-3.5 Cardio 12pm 3.5+ Cardio 1:30pm QuickStart 1 2:30pm QuickStart 2
15 7:30am 4.5 and up MOD 9am 3.0-3.5 MOD 10:30am 4.0 and up MOD 5pm Singles Ladder 6:30pm Singles Ladder	16 6:15am HIIT 9am 3.5-4.0 Drill & Play 11am Ladies 2.5 Singles Lg 1pm 3.5 Ladies DD 5:30pm 3.5 and up Serve and Return 6:30pm 3.0-4.0 MOD 7pm Yoga 8pm Big Dogs	17 6:15am Yoga 8am Sunrise League 12pm 2.5-3.5 MOD 1pm 4.0 Ladies DD 5:30pm 3.5 and below Serve & Return 6:30pm 2.5-3.5 MOD 8pm Men's Night	18 7am Strength 11am Men's Day 1pm 2.5 Ladies DD <div style="background-color: #00a0e3; color: white; padding: 5px; text-align: center;"> Reindeer Games SUPER DRILL 6pm-9pm </div>	19 6:15am Yoga 9am 3.0-3.5 Drill & Play 10am 4.5 Ladies DD 12pm 3.5 and up MOD 6pm QuickStart 1 7pm QuickStart 2 8pm Ladies Night	20 8am 3.5 and up Cardio 9am/11am 3.0 Ladies Daytime Doubles 1pm 3.0-3.5 Drill & Play 1pm 4.0 and up Drill & Play 7pm 8.0 Friday Mixer	21 8am 3.5 and up MOD 8am Strength 9:30am 3.0-3.5 MOD 9:30am HIIT 11am 2.5-3.5 Cardio 12pm 3.5+ Cardio 1:30pm QuickStart 1 2:30pm QuickStart 2
22 7:30am 4.5 and up MOD 9am 3.0-3.5 MOD 10:30am 4.0 and up MOD 4pm Yoga 5pm Singles Ladder 6:30pm Singles Ladder	23 6:15am HIIT 9am 3.5-4.0 Drill & Play 11am Ladies 2.5 Singles Lg 1pm 3.5 Ladies DD 5:30pm 3.5 and up Serve and Return 6:30pm 3.0-4.0 MOD 7pm Yoga	24 6:15am Yoga 12pm 2.5-3.5 MOD <div style="background-color: #e91e63; color: white; padding: 5px; text-align: center;"> Club Closes at 3pm </div>	 <div style="background-color: #e91e63; color: white; padding: 5px; text-align: center;"> Club Closed </div>	26 6:15am Yoga 9am 3.0-3.5 Drill & Play 10am 4.5 Ladies DD 12pm 3.5 and up MOD	27 8am 3.5 and up Cardio 9am/11am 3.0 Ladies Daytime Doubles 1pm 3.0-3.5 Drill & Play 1pm 4.0 and up Drill & Play	28 8am 3.5 and up MOD 8am Strength 9:30am 3.0-3.5 MOD 9:30am HIIT 11am 2.5-3.5 Cardio 12pm 3.5+ Cardio
29 7:30am 4.5 and up MOD 9am 3.0-3.5 MOD 10:30am 4.0 and up MOD 4pm Yoga 5pm Singles Ladder 6:30pm Singles Ladder	30 6:15am HIIT 9am 3.5-4.0 Drill & Play 11am Ladies 2.5 Singles Lg 1pm 3.5 Ladies DD 5:30pm 3.5 and up Serve and Return 6:30pm 3.0-4.0 MOD 7pm Yoga	31 6:15am Yoga 12pm 2.5-3.5 MOD <div style="background-color: #00a0e3; color: white; padding: 5px; text-align: center;"> Club Closes at 3pm </div>	1 10am Club Opens 12pm Cardio 1pm New Year Mixer <div style="background-color: #00a0e3; color: white; padding: 5px; text-align: center;"> Club Closes at 5pm </div>			