

**ADULT**

# AUGUST 2024



| SUNDAY  | MONDAY                              | TUESDAY   | WEDNESDAY                              | THURSDAY  | FRIDAY  | SATURDAY   |
|---|-------------------------------------|---|--|---|---|--|
|   |                                     |   |  | <b>1</b><br><b>9am</b> 3.0-3.5 Drill & Play<br><b>12pm</b> 3.5 and up MOD<br><b>6pm</b> QuickStart  | <b>2</b><br><b>8am</b> 3.5 and up Cardio<br><b>11am</b> 3.0-3.5 Drill & Play<br><b>11am</b> 4.0 and up Drill & Play<br><b>6pm</b> 2.5-3.0 Drill & Play  | <b>3</b><br><b>8am</b> 3.5 and up MOD<br><b>9:30am</b> 3.0-3.5 MOD<br><b>11am</b> QuickStart<br><b>11am</b> 2.5-3.5 Cardio<br><b>12pm</b> 3.5+ Cardio  |
| <b>4</b><br><b>11am</b> 3.0-3.5 MOD<br><b>12:30pm</b> 4.0 and up MOD  | <b>5</b><br><b>6pm</b> 3.0-4.0 MOD  | <b>6</b><br><b>9am</b> 3.5-4.0 Drill & Play<br><b>12pm</b> 2.5-3.5 MOD<br><b>6pm</b> 2.5-3.5 MOD  | <b>7</b><br><b>6pm</b> 4.0 and up MOD  | <b>8</b><br><b>9am</b> 3.0-3.5 Drill & Play<br><b>12pm</b> 3.5 and up MOD<br><b>6pm</b> QuickStart  | <b>9</b><br><b>8am</b> 3.5 and up Cardio<br><b>11am</b> 3.0-3.5 Drill & Play<br><b>11am</b> 4.0 and up Drill & Play<br><b>6pm</b> 2.5-3.0 Drill & Play  | <b>10</b><br><b>8am</b> 3.5 and up MOD<br><b>9:30am</b> 3.0-3.5 MOD<br><b>11am</b> QuickStart<br><b>11am</b> 2.5-3.5 Cardio<br><b>12pm</b> 3.5+ Cardio |
| <b>11</b><br><b>11am</b> 3.0-3.5 MOD<br><b>12:30pm</b> 4.0 and up MOD | <b>12</b><br><b>6pm</b> 3.0-4.0 MOD | <b>13</b><br><b>9am</b> 3.5-4.0 Drill & Play<br><b>12pm</b> 2.5-3.5 MOD<br><b>6pm</b> 2.5-3.5 MOD | <b>14</b><br><b>6pm</b> 4.0 and up MOD | <b>15</b><br><b>9am</b> 3.0-3.5 Drill & Play<br><b>12pm</b> 3.5 and up MOD<br><b>6pm</b> QuickStart | <b>16</b><br><b>8am</b> 3.5 and up Cardio<br><b>11am</b> 3.0-3.5 Drill & Play<br><b>11am</b> 4.0 and up Drill & Play<br><b>6pm</b> 2.5-3.0 Drill & Play | <b>17</b><br><b>8am</b> 3.5 and up MOD<br><b>9:30am</b> 3.0-3.5 MOD<br><b>11am</b> QuickStart<br><b>11am</b> 2.5-3.5 Cardio<br><b>12pm</b> 3.5+ Cardio |
| <b>18</b><br><b>11am</b> 3.0-3.5 MOD<br><b>12:30pm</b> 4.0 and up MOD | <b>19</b><br><b>6pm</b> 3.0-4.0 MOD | <b>20</b><br><b>9am</b> 3.5-4.0 Drill & Play<br><b>12pm</b> 2.5-3.5 MOD<br><b>6pm</b> 2.5-3.5 MOD | <b>21</b><br><b>6pm</b> 4.0 and up MOD | <b>22</b><br><b>9am</b> 3.0-3.5 Drill & Play<br><b>12pm</b> 3.5 and up MOD<br><b>6pm</b> QuickStart | <b>23</b><br><b>8am</b> 3.5 and up Cardio<br><b>11am</b> 3.0-3.5 Drill & Play<br><b>11am</b> 4.0 and up Drill & Play<br><b>6pm</b> 2.5-3.0 Drill & Play | <b>24</b><br><b>8am</b> 3.5 and up MOD<br><b>9:30am</b> 3.0-3.5 MOD<br><b>11am</b> QuickStart<br><b>11am</b> 2.5-3.5 Cardio<br><b>12pm</b> 3.5+ Cardio |
| <b>25</b><br><b>11am</b> 3.0-3.5 MOD<br><b>12:30pm</b> 4.0 and up MOD | <b>26</b><br><b>6pm</b> 3.0-4.0 MOD | <b>27</b><br><b>9am</b> 3.5-4.0 Drill & Play<br><b>12pm</b> 2.5-3.5 MOD<br><b>6pm</b> 2.5-3.5 MOD | <b>28</b><br><b>6pm</b> 4.0 and up MOD | <b>29</b><br><b>9am</b> 3.0-3.5 Drill & Play<br><b>12pm</b> 3.5 and up MOD<br><b>6pm</b> QuickStart | <b>30</b><br><b>8am</b> 3.5 and up Cardio<br><b>11am</b> 3.0-3.5 Drill & Play<br><b>11am</b> 4.0 and up Drill & Play<br><b>6pm</b> 2.5-3.0 Drill & Play | <b>31</b><br><b>8am</b> 3.5 and up MOD<br><b>9:30am</b> 3.0-3.5 MOD<br><b>11am</b> QuickStart<br><b>11am</b> 2.5-3.5 Cardio<br><b>12pm</b> 3.5+ Cardio |