

ADULT

# AUGUST 2022



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