



JOIN US FOR

THE BEST DROP-IN DRILLS IN TOWN

REGISTER ONLINE ON OUR **FREE** MOBILE APP!



* JOIN OUR FLEXIBLE 2-HOUR CARDIO TENNIS DRILLS WHERE YOU CAN DROP IN ANYTIME THAT WORKS FOR YOU FOR AS LITTLE AS 45 MINUTES OR STAY FOR THE FULL 2 HR SESSION—AT A SPECIAL DISCOUNTED RATE COMPARED TO OUR OTHER DRILLS.



Mondays

	LEVEL	TIME
Mixed Workout	4.5+	7:00 PM - 9:00 PM
Mixed Drills	3.5	7:00 PM - 8:30 PM
Beginners	1.0	7:00 PM - 8:30 PM

Tuesdays

Adv. Beginners	2.0	7:00 PM - 8:30 PM
Mixed Drills	4.0+	7:00 PM - 8:30 PM
Mixed Drills	2.5-3.0	7:00 PM - 8:30 PM
Mixed Drills	3.5	7:00 PM - 8:30 PM

NEW

Wednesdays

Mixed Workout	3.5+	9:00 AM - 10:30 AM
Mixed Workout	4.0+	7:00 PM - 8:30 PM
Mixed Drills	3.0	7:00 PM - 8:30 PM
Adv. Beginners	2.0	7:00 PM - 8:30 PM

Thursdays

Mixed Drills	3.5	7:00 PM - 8:30 PM
Mixed Drills	2.5	7:00 PM - 8:30 PM

Fridays

* Cardio Tennis	OPEN	8:00 AM - 10:00 AM
Mixed Workout	3.5+	9:00 AM - 10:30 AM
Mixed Drills	3.5	7:00 PM - 8:30 PM

NEW

Saturdays

Beginners	1.0	9:00 AM - 10:30 AM
Adv. Beginners	2.0	9:00 AM - 10:30 AM
Mixed Drills	3.0+	10:30 AM - 12:00 PM
Mixed Workout	3.5+	10:30 AM - 12:00 PM

Sundays

Mixed Drills	3.0+	10:00 AM - 11:30 AM
Mixed Drills	4.0+	11:30 AM - 1:00 PM