



# WEEKLY ADULTS DROP-IN DRILLS

**\$25** NON-MEMBERS

**\$23** MEMBERS

REGISTER ONLINE ON OUR FREE MOBILE APP!



## Mondays

	LEVEL	TIME	INSTRUCTOR
Mixed Workout	4.5+	7:00-9:00 PM	Tim
Mixed Drills	3.5	7:00-8:30 PM	Patrick
Beginners	1.0	7:00-8:30 PM	Rikard & Orlando

## Tuesdays

Adv. Beginners	2.0	7:00-8:30 PM	Orlando
Mixed Drills	4.0+	7:00-8:30 PM	Jake
Mixed Drills	2.5-3.0	7:00-8:30 PM	Jacob
Mixed Drills	3.5	7:00-8:30 PM	Travis & Fernando

## Wednesdays

Mixed Workout	3.5+	9:00-10:30 AM	Tim
Mixed Workout	4.0+	7:00-8:30 PM	Tim & Jake
Mixed Drills	3.0	7:00-8:30 PM	Patrick
Adv. Beginners	2.0	7:00-8:30 PM	Rikard & Travis

## Thursdays

Mixed Drills	3.5	7:00-8:30 PM	Jacob & Orlando
Mixed Drills	2.5	7:00-8:30 PM	Jake

## Fridays

Mixed Workout	3.5+	9:00-10:30 AM	Tim
Mixed Drills	3.5	7:00-8:30 PM	Patrick

## Saturdays

Beginners	1.0	9:00-10:30 AM	Pete
Adv. Beginners	2.0	9:00-10:30 AM	Rikard
Mixed Drills	3.0+	10:30-12:00 PM	Jacob
Mixed Workout	3.5+	10:30-12:00 PM	Tim & Jake

## Sundays

Mixed Drills	3.0+	10:00-11:30 AM	Patrick
Mixed Drills	4.0+	11:30-1:00 PM	Jake
Mixed Drills	2.5	11:30-1:00 PM	Fernando