



2023/2024 FALL ADULT CLINIC PROGRAM

Below is the new Adult Clinic Weekly Schedule.

Join us for a great time on the courts with our pros,
get a great workout and improve your game!

WEEKLY CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIGH ENERGY 8:30 – 9:30 am Mauricio (ALL LEVELS)	MEN'S CLINIC 7:00 – 8:30 am Mauricio (3.0-3.5)	MEN'S HIT & PLAY 7:00 – 8:30 am Jimmy & Nico (4.0-5.0)	MEN'S CLINIC 7:00 – 8:30 am Mauricio (3.0-3.5)	MEN'S HIT & PLAY 7:00 – 8:30 am Jimmy & Adrian (4.0-5.0)	MEN'S HIT & PLAY 7:30 – 9:00 am Jimmy & Adrian (4.0-5.0)	DRILL & PLAY 9:30 – 11:00 am Alex, Nico (ALL LEVELS)
HIGH INTENSITY DRILL & PLAY (Max 4 players per court) 9:00 – 10:30 am Javi & Ale (ALL LEVELS)	HIGH ENERGY 8:30 – 9:30 am Mauricio & Ronald (ALL LEVELS)	HIGH ENERGY 8:30 – 9:30 am Nico (3.0-4.0)	HIGH ENERGY 8:30 – 9:30 am Mauricio & Ronald (ALL LEVELS)	MEN'S HIT & PLAY 7:00 – 8:30 am Nico (3.0-3.5)	MEN'S HIT & PLAY 7:30 – 9:00 am Nico (3.0-3.5)	
A2 CLINIC (Team players only) 9:00 – 10:30 am Jimmy	B2 CLINIC (Team players only) 8:30 – 10:00 am Marija & Nico	HIGH INTENSITY DRILL & PLAY (Max 4 players per court) 9:00 – 10:30 am Javi & Adrian (ALL LEVELS)		HIGH INTENSITY DRILL & PLAY (Max 4 players per court) 9:00 – 10:30 am Javi, Jimmy & Adrian (ALL LEVELS)	DRILL & PLAY 9:00 – 10:30 am Javi, Alex, Ale (ALL LEVELS)	
B1 CLINIC (Team players only) 9:00 – 10:30 am Stewart, Alex, Adrian						
MEN'S HIT & PLAY 6:00 – 7:30 pm Jimmy (3.5-4.0)						

*Sign up is required for all Adult Clinics.

Please call the Front Desk at 305-661-0092 or use the **COTW APP**

Sign up available August 15th.