



## Rookie Week Class Schedule

	<b>Monday Oct 4th</b>	<b>Tuesday Oct 5th</b>	<b>Wednesday Oct 6th</b>	<b>Thursday Oct 7th</b>	<b>Friday Oct 8th</b>	<b>Saturday Oct 9th</b>	<b>Sunday Oct 10th</b>
<b>7am</b>				<b>Intro to TRX Rebecca</b>			
<b>8am</b>	<b>Intro to Foam Rolling (on court 1) Steven</b>						
<b>9am</b>				<b>9pm Intro to Side Breathing Kyle</b>	<b>9am Intro to Kettlebell Nicki</b>	<b>9am Intro to TRX 9:30am Intro to Kettlebell Rebecca</b>	
<b>10am</b>	<b>10:30am Groundstroke Basics Fred</b>		<b>10am Volley and Overheads Fred</b>				
<b>11am</b>	<b>Intro to Slam Ball &amp; Battle Rope Cindy</b>				<b>11:30am Serve Fundamentals Fred</b>		
<b>12pm</b>		<b>Intro to Pilates (on court 1) Steven</b>				<b>Butterfly Basics Sasha</b>	
<b>1pm</b>			<b>Intro to Resistance Bands Nicki</b>				
<b>5/6pm</b>	<b>6pm Intro to Pickleball Will</b>	<b>5:30pm Backstroke Basics Kyle</b>	<b>5:30pm Deck Diving Kyle</b>	<b>5:30pm Doubles Rules and Positioning Will</b>	<b>5pm Breaststroke Basics Andrew</b>		

All classes are complimentary and are drop in.