

WEEKLY ADULTS DROP-IN DRILLS

\$25 NON-MEMBERS

\$23 MEMBERS

REGISTER ONLINE ON OUR FREE MOBILE APP!



Mondays

	LEVEL	TIME	INSTRUCTOR
NEW Beginners	1.0	9:00-10:30 AM	Luis Ochoa
Mixed Workout	4.5+	7:00-9:00 PM	Tim Barnard
Mixed Drills	3.5	7:00-8:30 PM	Patrick Nguyen
Beginners	1.0	7:00-8:30 PM	Luis Ochoa

Tuesdays

NEW Adv. Beginners	2.0	7:00-8:30 PM	TBD
Mixed Drills	4.0+	7:00-8:30 PM	Jake Williams
Mixed Drills	2.5-3.0	7:00-8:30 PM	Jacob Heer
Mixed Drills	3.5	7:00-8:30 PM	TJ Tisdale

Wednesdays

Mixed Workout	3.5+	9:00-10:30 AM	Tim Barnard
NEW Mixed Drills	2.5+	9:00-10:30 AM	Jacob Heer
Mixed Workout	4.0+	7:00-8:30 PM	Tim Barnard
Mixed Drills	3.0	7:00-8:30 PM	Patrick Nguyen
Adv. Beginners	2.0	7:00-8:30 PM	Luis Ochoa

Thursdays

Mixed Drills	3.5	7:00-8:30 PM	Jacob Heer
Mixed Drills	2.5	7:00-8:30 PM	Irina Cvijovic

Fridays

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

Saturdays

Beginners	1.0	9:00-10:30 AM	TBD
NEW Adv. Beginners	2.0	9:00-10:30 AM	Luis Ochoa
Mixed Drills	3.0+	10:30-12:00 PM	Jacob Heer
Mixed Workout	3.5+	10:30-12:00 PM	Tim Barnard

Sundays

Mixed Drills	3.0+	10:00-11:30 AM	Patrick Nguyen
NEW Mixed Drills	4.0+	11:30-1:00 PM	Jake Williams
Mixed Drills	2.5	11:30-1:00 PM	Irina Cvijovic