



ADULT DRILL SCHEDULE

BLAIRWOOD & LTC 2025

REGULAR FAST FEEDS (FF) \$24
CHUCK'S BOOT CAMP \$22
BREAKFAST CLUB \$30
TACTICAL TENNIS \$30
CARDIO TENNIS \$22

GENESIS-LTC FAST FEED SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	FF 3.0-3.5 9:30-11am Robin	Breakfast Club 6:30-8am Matt	FF 3.0-3.5 9-10:30pm Ylia	Breakfast Club 6:30-8am Matt	FF 3.5-4.0 9-10:30am Raj	FF 2.5-3.0 10:30-12pm Raj	
			3.5-4.0 10:30-12pm Ylia	FF 3.0-4.0 9:30-11am Robin	Tactical Tennis 9-10:30am 3.0-4.0 Rob	Tactical Tennis 11-12:30pm 3.5-4.0 Evalds	Tactical Tennis 11-12:30pm 3.5-4.0 Sergio
	Cardio Tennis 11-Noon Seona	Tactical Tennis 12:30-2pm 3.5-4.0 Rob	Tactical Tennis 11-12:30pm 3.0-4.0 Rob	Cardio Tennis 10:30-11:30am Seona	FF 3.0-3.5 10:30-12pm Matt	FF 3.0-4.0 11-12:30pm Robin	FF 3.5-4.0 11-12:30pm James
MID-DAY	FF 3.5-4.0 12-1:30pm Robin		FF 4.0+ 12:30-2pm Robin	Tactical Tennis 11-12:30pm 3.5-4.0 Rob	FF 3.0-4.0 12-1:30pm Robin	FF 4.0-4.5 12:30-2pm Roberto	FF 2.5-3.0 11:30-1pm Raj
	FF 2.5-3.0 12:30-2pm Seona	FF 4.0+ 12:30-2pm Raj		FF 3.0-3.5 12:30-2pm Raj	FF 4.0+ 12:30-2pm Raj		FF 3.0-3.5 1-2:30pm Robin
EVENING	FF 3.0-4.0 7-8:30pm Robin	FF 3.5-4.0 6-7:30pm Raj		FF 3.5-4.0 6:30-8pm Robin	FF 3.5-4.0 6:30-8pm Robin		
	FF 2.5-3.0 7:30-9pm Raj	FF 4.0+ 6-7:30pm Robin		Tactical Tennis 7:30-9pm 3.5-4.0 Sergio			
				Cardio Tennis 7:30-8:30pm Seona			

GENESIS-BLAIRWOOD ADULT DRILL SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING						FF 4.0-4.5 8:30-10am Tyler	
	FF 3.5-4.0 10:30-12pm Ylia			FF 4.0+ 11:30-1pm Ylia		FF 3.5-4.0 9-10:30pm Randyll	
MID-DAY	Chuck's Boot Camp (3.5+) 12-1:00pm		Chuck's Boot Camp (3.5+) 12:30-1:30pm		Chuck's Boot Camp (3.5+) 12-1:00pm	FF 3.0-3.5 11-12:30pm Ylia	FF 3.0-3.5 1-2:30pm Ylia
	Tactical Tennis 12:30-2pm 3.0-4.0 Rob						
EVENING	Cardio Tennis 4-5:00pm Seona		Tactical Tennis 6-7:30pm 3.0-4.0 Darius	Suds w/Buds Men's 4.0+ 6:30-8pm Sebastian			

Click here to register on the Genesis Portal



NEED TO CANCEL?
If you need to cancel your spot in a Fast Feed, you must cancel 24 hrs in advance of class to receive a club credit.