

Adult Clinic Schedule

March 11 - May 5



MONDAY

7:30-8:30am - Cardio Tennis / Alessandro
8:30-9:30 - Point Play 3.5+ / Alessandro
9:30-11am - Point Play 4.0+ / Alessandro
11-12:30pm - Singles Strategy 3.5+ / Alex
12:30-2pm - Point Play 3.0+ / Diego

TUESDAY

7:30-8:30am - Cardio Tennis / Maru
9:00-10:30am Drill & Play 3.0+ / Maru
12:30-2pm Drill & Play 2.5+ / Alex
12-1:30pm Point Play 3.5+ / Alessandro
1-2pm - Cardio Tennis / Maru

WEDNESDAY

8:30-10am - Drill & Play 2.5/3.0+ / Carlo
8:30-9:30am - Cardio Tennis / Dani
9:30-11am - Point Play 4.0+ / Dani
10:30-12pm - Point Play 3.0+ / Alessandro
12:30 - 2pm - Point Play 3.5+ / Maru

THURSDAY

7:30-8:30am - Cardio Tennis / Carlo
8:30-10am - Point Play 3.0+ / Carlo
10-11:30am - Drill and Play 2.5+ / Maru
11:30-1pm - Spanish Tennis 3.5+ / Alex
6-7pm - Cardio Tennis / Maru

Adult Drop-In

*pros/dates/times subject to change
some classes may be cancelled or
adjusted due to USTA matches
3 players minimum to run classes*

FRIDAY

9-10am - Cardio Tennis / Maru
11:30-1pm - **Point-Play Max** 4.0+ / Alessandro
1-2pm - Cardio Tennis / Alessandro
7-8pm - Cardio Tennis / Dani

SATURDAY

6-7pm - Cardio Tennis / Carlo (may be cancelled due to USTA)

SUNDAY

3-4pm - Cardio Tennis / Dani
5-6:30pm - Point Play 3.0+ / Dani

*Point Play Max

Fast paced point play. High level of movement required. Singles and doubles play

*Spanish Tennis

Train like Alcaraz, and learn the pillars of the Spanish method of training. Each week, you'll go through a combination of the tenants of Spanish tennis focusing on movement, weapon building, consistency, physical conditioning, defense, and more!