

# WSC SMALL GROUP & TEAM TRAINING



WOODINVILLE SPORTS CLUB

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
8:00 AM								8:00 AM	TENNIS DANCE CARDIO
8:30 AM								8:30 AM	
9:00 AM		CORE & MORE		CORE & MORE				9:00 AM	CORE & MORE
9:30 AM		Inst: Stacey		Inst: Stacey				9:30 AM	
10:00 AM								10:00 AM	CIRCUIT BREAKER
10:30 AM								10:30 AM	
11:00 AM								11:00 AM	KID'S MOBILITY
11:30 AM								11:30 AM	
12:00 PM	TENNIS DANCE CARDIO		TENNIS DANCE CARDIO		WOMAN'S WARRIOR SCULPT			12:00 PM	WOMAN'S WARRIOR SCULPT
12:30 PM	Inst: Stacey	ADULT TENNIS SAIP	Inst: Stacey		Inst: Stacey			12:30 PM	
1:00 PM		Inst: Jeremiah						1:00 PM	
1:30 PM			ADULT TENNIS SAIP					1:30 PM	TRX
2:00 PM			Inst: Karin					2:00 PM	
2:30 PM								2:30 PM	BEGINNER BELLS
3:00 PM								3:00 PM	
3:30 PM								3:30 PM	TENNIS SAIP
4:00 PM							KID'S ADV MOBILITY (ages: 10-12)	4:00 PM	
4:30 PM							Inst: Jeremiah	4:30 PM	VOLLEYBALL SAIP
5:00 PM	KID'S MOBILITY (ages: 8-10)	CIRCUIT BREAKER	KID'S TENNIS SAIP (ages: 11-15)	CIRCUIT BREAKER			BASEBALL SAIP (ages: 11-14)	5:00 PM	
5:30 PM	Inst: Karin	Inst: Stacey	Inst: Karin	Inst: Stacey			Inst: Jeremiah	5:30 PM	SOFTBALL & BASEBALL SAIP
6:00 PM	KID'S SOCCER SAIP (ages: 10-13)	KID'S SOFTBALL SAIP (ages: 11-15)	VOLLEYBALL CONDITIONING (ages: 10-12)	ADULT TENNIS SAIP			KID'S HOCKEY SAIP	6:00 PM	
6:30 PM	Inst: Karin	Inst: Karin	Inst: Sean	Inst: Karin			Inst: Jackie	6:30 PM	HOCKEY SAIP
7:00 PM	KID'S TENNIS SAIP (ages: 9-11)	BASEBALL SAIP (ages: 11-14)	VOLLEYBALL CONDITIONING (12-14yo)	KID'S TENNIS SAIP (ages: 8-12)			ADULT HOCKEY SAIP	7:00 PM	
7:30 PM	Inst: Karin	Inst: Karin	Inst: Sean	Inst: Karin			Inst: Jackie	7:30 PM	SOCCER SAIP
8:00 PM	ADULT TENNIS SAIP	BEGINNER BELLS	VOLLEYBALL CONDITIONING (ages: 14+)	TRX				8:00 PM	
8:30 PM	Inst: Karin	Inst: Karin	Inst: Sean	Inst: Karin				8:30 PM	

STARTING MARCH 9TH!

SAIP: Speed Agility Injury Prevention