Clinic & League Schedule

Pro
Adrian
Eamonn
Art

Meadows Swim & Tennis Club

		Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
		Ct 3	Ct 4	Ct 5	Ct 3	Ct 4	Ct 5	Ct 3	Ct 4	Ct 5	Ct 3	Ct 4	Ct 5	Ct 3	Ct 4	Ct 5	Ct 3	Ct 4	Ct 5	Ct 3	Ct 4	Ct 5
1	6:00 AM	Cardio																				
2	7:30 AM																					
3	9:00 AM	Q												Cardio			Q					
4	10:30 AM	IQ				4.0 NTRP Training		3.5 NTRP Training	3.0 NTRP Training		4.5 NTRP Training	4.5 NTRP Training					IQ					
5	12:00 PM	AQ	Power Lunch		3.5 Daytime Divas			4.0 Daytime Divas			3.0 Daytime Divas			3.5 Daytime Divas			AQ					
6	1:30 PM																			Target Tennis		
7	3:00 PM																					
8	4:30 PM																					
9	6:00 PM													QS MP 101			Evening Diva's (once a month)					
10	7:30 PM	Boulder Beer League Tier II						Boulder Beer League Tier I						Mixed Doubles League						Boulder Beer League Tier III		
11	9:00 PM																					
12	10:30 PM																					