



Paramount Tennis Adult Drill Fall Schedule 2024

Monday

9:30am-11:00am: 2.5/3.0 Drill
Co-ed Drill: 6pm-7:30pm

Tuesday

8:30am-9:30am: Cardio
9:30am-11:00am: 3.0/3.5 Drill
9:30-11am: Pickleball Clinic
6pm-7:30pm: Pickleball Clinic

Wednesday

9:30am-11:00am: 2.5/3.0 Drill
6:00pm – 7:30pm: Co-Ed Drill

Thursday

8:30am-9:30am: Cardio
9:30am-11:00am: 3.0 Drill
11am-12:30pm: 3.5 Drill
6pm-7:30pm Co-Ed Drill

Friday

7am-8:30am: Morning Madness

Saturday

8am-9:30am: Cardio
8am-9:30am: 3.0/3.5 CO-ED Drill
11:30am-1pm: Adult Beginner Drill

Sunday

2:30pm-4pm: Cardio

