



Paramount Tennis Adult Drill Spring Schedule 2024

Monday

9:30am-11:00am: 2.5/3.0 Drill

12:00pm-1:00pm: Cardio

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

Sunday

2:30pm-4pm: Cardio

