



Paramount Tennis Adult Drill Winter / Spring Schedule

Monday

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

Tuesday

8:30am-9:30am: Cardio
9am-10am- Beginners 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
6pm-7:30pm: 2.5/Beginner
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: 3.0/3.5 CO-ED Drill
11:30am-1pm: Beginner Adult Drill

Sunday

2:30pm-4pm: Cardio
4pm-5pm: LTP Beginner Cardio

