



# ADULT TENNIS CLASSES

JANUARY 2023  
THE YMCA OF GREATER KALMAZOO

**MAPLE**

1001 W. Maple Street  
Questions? Contact (p) 269-345-9622

For a better us.®

Schedule subject to change. All classes are program session based.

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	<b>9</b> <b>Team Practice</b> 4.0W 9-10:30am 3.5W 10:30-12pm <b>Adult Beginner</b> 12pm-1pm <b>Adult Advanced</b> 1- 2:30pm	<b>10</b> <b>Cardio 8:30a-9:30a</b> <b>Team Practice</b> 3.0W 9-10:30am 3.5/4.0W 10:30-12pm 4.0W 7:30-9pm <b>Adult Intermediate</b> 12:30-2pm	<b>11</b> <b>Team Practice</b> 3.5W 7:30-9pm	<b>12</b> <b>Cardio</b> 8:30a-9:30a <b>Adult 3D Drills</b> 12-1:30pm	13	14
15	<b>16</b> <b>Team Practice</b> 4.0W 9-10:30am 3.5W 10:30-12pm <b>Adult Beginner</b> 12pm-1pm <b>Adult Advanced</b> 1- 2:30pm	<b>17</b> <b>Cardio 8:30a-9:30a</b> <b>Team Practice</b> 3.0W 9-10:30am 3.5/4.0W 10:30-12pm 4.0W 7:30-9pm <b>Adult Intermediate</b> 12:30-2pm	<b>18</b> <b>Team Practice</b> 3.5W 7:30-9pm	<b>19</b> <b>Cardio</b> 8:30a-9:30a <b>Adult 3D Drills</b> 12-1:30pm	20	21
22	<b>23</b> <b>Team Practice</b> 4.0W 9-10:30am 3.5W 10:30-12pm <b>Adult Beginner</b> 12pm-1pm <b>Adult Advanced</b> 1- 2:30pm	<b>24</b> <b>Cardio 8:30a-9:30a</b> <b>Team Practice</b> 3.0W 9-10:30am 3.5/4.0W 10:30-12pm 4.0W 7:30-9pm <b>Adult Intermediate</b> 12:30-2pm	<b>25</b> <b>Team Practice</b> 3.5W 7:30-9pm	<b>26</b> <b>Cardio</b> 8:30a-9:30a <b>Adult 3D Drills</b> 12-1:30pm	27	28
29	<b>30</b> <b>Adult Beginner</b> 12pm-1pm <b>Adult Advanced</b> 1- 2:30pm <b>At PORTAGE</b>	<b>31</b> <b>Cardio 8:30a-9:30a</b> <b>Team Practice</b> 3.0W 9-10:30am 3.5/4.0W 10:30-12pm 4.0W 7:30-9pm <b>Adult Intermediate</b> 12:30-2pm				Black = 7 Week Session Class Green = Daily Drop In Class Red = Travel Team Members Only