

ELITE TENNIS & WELLNESS						
2026 OUTDOOR PROGRAMMING						
RATING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ELITE START 2.0 (LADIES & MEN)	12:30-1:30P ELITE START 2.0 7:00-8:00P ELITE START 2.0	7:00-8:00A RISE & GRIND	12:30-1:30P ELITE START 2.0 7:00-8:00P ELITE START 2.0	7:00-8:00A RISE & GRIND 1:00-2:00P ELITE START 2.0		1:00-2:00P ELITE START 2.0
LADIES PURPLE (62-80)	10:30-11:30A SOTW: GROUNDSTROKES 5:00-6:00P GRIP & RIP 6:00-7:00P GAME NIGHT	7:00-8:00A RISE & GRIND 8:00-9:00A SOTW: VOLLEYS 12:00-1:00P SPEED DOUBLES 5:00-6:00P SOTW: VOLLEYS	7:00-8:00A BREAKFAST BALL 10:30-11:30A SOTW: GROUNDSTROKES & VOLLEYS 5:00-6:00P SOTW: SPECIALTY SHOTS 7:00-8:00P GAME NIGHT	7:00-8:00A RISE & GRIND 8:00-9:00A SOTW: SPECIALTY SHOTS 9:00-10:30A DOUBLES LAB	9:00-10:00A GAME DAY	9:00-10:00A DRILL & RALLY
LADIES ORANGE (53-69)	10:30-11:30A SOTW: GROUNDSTROKES 5:00-6:00P GRIP & RIP 6:00-7:00P GAME NIGHT	7:00-8:00A RISE & GRIND 8:00-9:00A SOTW: VOLLEYS 9:00-10:30A DOUBLES LAB 12:00-1:00P SPEED DOUBLES 5:00-6:00P SOTW: VOLLEYS 6:00-7:00P GAME NIGHT	7:00-8:00A BREAKFAST BALL 10:30-11:30A SOTW: GROUNDSTROKES & VOLLEYS 5:00-6:00P SOTW: SPECIALTY SHOTS 7:00-8:00P GAME NIGHT	7:00-8:00A RISE & GRIND 8:00-9:00A SOTW: SPECIALTY SHOTS 9:00-10:30A DOUBLES LAB	9:00-10:00A GAME DAY	9:00-10:00A DRILL & RALLY 10:00-11:00A DRILL & RALLY
LADIES GREEN (46-60)	10:30-11:30A SOTW: GROUNDSTROKES 5:00-6:00P GRIP & RIP 7:00-8:00P GAME NIGHT	7:00-8:00A RISE & GRIND 8:00-9:00A SOTW: VOLLEYS 9:00-10:30A DOUBLES LAB 5:00-6:00P SOTW: VOLLEYS 6:00-7:00P GAME NIGHT	7:00-8:00A BREAKFAST BALL 8:00-9:00A DOUBLES LAB 10:30-11:30A SOTW: GROUNDSTROKES & VOLLEYS 5:00-6:00P SOTW: SPECIALTY SHOTS	7:00-8:00A RISE & GRIND 8:00-9:00A SOTW: SPECIALTY SHOTS 12:00-1:00P SPEED DOUBLES	10:00-11:00A GAME DAY 11:00-12:00P GAME DAY	10:00-11:00A DRILL & RALLY 11:00-12:00P DRILL & RALLY
LADIES YELLOW (39-53)	9:00-10:30A DOUBLES LAB 10:30-11:30A SOTW: GROUNDSTROKES 5:00-6:00P SOTW: GROUNDSTROKES 7:00-8:00P SET AT THE NET	7:00-8:00A RISE & GRIND 8:00-9:00A SOTW: VOLLEYS 5:00-6:00P SOTW: VOLLEYS 6:00-7:00P GAME NIGHT	7:00-8:00A BREAKFAST BALL 9:00-10:30A DOUBLES LAB 10:30-11:30A SOTW: GROUNDSTROKES & VOLLEYS 5:00-6:00P SOTW: SPECIALTY SHOTS	7:00-8:00A RISE & GRIND 8:00-9:00A SOTW: SPECIALTY SHOTS 12:00-1:00P SPEED DOUBLES	10:00-11:00A GAME DAY 11:00-12:00P GAME DAY	11:00-12:00P DRILL & RALLY
LADIES WHITE B (33-46)	9:00-10:30A DOUBLES LAB 10:30-11:30A SOTW: GROUNDSTROKES 5:00-6:00P GRIP & RIP 7:00-8:00P GAME NIGHT	7:00-8:00A RISE & GRIND 8:00-9:00A SOTW: VOLLEYS 5:00-6:00P SOTW: VOLLEYS 6:00-7:00P GAME NIGHT	7:00-8:00A BREAKFAST BALL 10:30-11:30A SOTW: GROUNDSTROKES & VOLLEYS 5:00-6:00P SOTW: SPECIALTY SHOTS	7:00-8:00A RISE & GRIND 8:00-9:00A SOTW: SPECIALTY SHOTS 12:00-1:00P SPEED DOUBLES	10:00-11:00A GAME DAY 11:00-12:00P GAME DAY	11:00-12:00P DRILL & RALLY
LADIES WHITE A (26-38)	9:00-10:30A DOUBLES LAB 10:30-11:30A SOTW: GROUNDSTROKES 5:00-6:00P SOTW: GROUNDSTROKES 7:00-8:00P GAME NIGHT	7:00-8:00A RISE & GRIND 8:00-9:00A SOTW: VOLLEYS 5:00-6:00P SOTW: VOLLEYS	7:00-8:00A BREAKFAST BALL 10:30-11:30A SOTW: GROUNDSTROKES & VOLLEYS 5:00-6:00P SOTW: SPECIALTY SHOTS 6:00-7:00P GAME NIGHT	7:00-8:00A RISE & GRIND 8:00-9:00A SOTW: SPECIALTY SHOTS 12:00-1:00P SPEED DOUBLES	10:00-11:00A GAME DAY 11:00-12:00P GAME DAY	12:00-1:00P GAME DAY
LADIES RED (18-35)	9:00-10:30A DOUBLES LAB 10:30-11:30A SOTW: GROUNDSTROKES 5:00-6:00P GRIP & RIP 7:00-8:00P GAME NIGHT	7:00-8:00A RISE & GRIND 8:00-9:00A SOTW: VOLLEYS 5:00-6:00P SOTW: VOLLEYS	7:00-8:00A BREAKFAST BALL 10:30-11:30A SOTW: GROUNDSTROKES & VOLLEYS 5:00-6:00P SOTW: SPECIALTY SHOTS 6:00-7:00P GAME NIGHT	7:00-8:00A RISE & GRIND 8:00-9:00A SOTW: SPECIALTY SHOTS 12:00-1:00P SPEED DOUBLES	10:00-11:00A GAME DAY 11:00-12:00P GAME DAY	12:00-1:00P GAME DAY
MEN'S BLACK B (49-62)	10:30-11:30A SOTW: GROUNDSTROKES 5:00-6:00P GRIP & RIP 6:00-7:00P GAME NIGHT	7:00-8:00A RISE & GRIND 8:00-9:00A SOTW: VOLLEYS 12:00-1:00P SPEED DOUBLES 5:00-6:00P SOTW: VOLLEYS 7:00-8:00P GAME NIGHT	7:00-8:00A BREAKFAST BALL 10:30-11:30A SOTW: GROUNDSTROKES & VOLLEYS 5:00-6:00P SOTW: SPECIALTY SHOTS 7:00-8:00P GAME NIGHT	7:00-8:00A RISE & GRIND 8:00-9:00A SOTW: SPECIALTY SHOTS	9:00-10:00A GAME DAY	8:00-9:00A MEN'S TRAINING
MEN'S BLACK A (39-53)	10:30-11:30A SOTW: GROUNDSTROKES 5:00-6:00P GRIP & RIP 7:00-8:00P GAME NIGHT	7:00-8:00A RISE & GRIND 8:00-9:00A SOTW: VOLLEYS 5:00-6:00P SOTW: VOLLEYS 7:00-8:00P GAME NIGHT	7:00-8:00A BREAKFAST BALL 10:30-11:30A SOTW: GROUNDSTROKES & VOLLEYS 5:00-6:00P SOTW: SPECIALTY SHOTS	7:00-8:00A RISE & GRIND 8:00-9:00A SOTW: SPECIALTY SHOTS 12:00-1:00P SPEED DOUBLES	10:00-11:00A GAME DAY 11:00-12:00P GAME DAY	8:00-9:00A MEN'S TRAINING
MEN'S WHITE (32-46)	10:30-11:30A SOTW: GROUNDSTROKES 5:00-6:00P GRIP & RIP 7:00-8:00P GAME NIGHT	7:00-8:00A RISE & GRIND 8:00-9:00A SOTW: VOLLEYS 5:00-6:00P SOTW: VOLLEYS 7:00-8:00P GAME NIGHT	7:00-8:00A BREAKFAST BALL 10:30-11:30A SOTW: GROUNDSTROKES & VOLLEYS 5:00-6:00P SOTW: SPECIALTY SHOTS	7:00-8:00A RISE & GRIND 8:00-9:00A SOTW: SPECIALTY SHOTS 12:00-1:00P SPEED DOUBLES	10:00-11:00A GAME DAY 11:00-12:00P GAME DAY	8:00-9:00A MEN'S TRAINING
MEN'S RED (22-39)	10:30-11:30A SOTW: GROUNDSTROKES 5:00-6:00P GRIP & RIP 7:00-8:00P GAME NIGHT	7:00-8:00A RISE & GRIND 8:00-9:00A SOTW: VOLLEYS 5:00-6:00P SOTW: VOLLEYS 7:00-8:00P GAME NIGHT	7:00-8:00A BREAKFAST BALL 10:30-11:30A SOTW: GROUNDSTROKES & VOLLEYS 5:00-6:00P SOTW: SPECIALTY SHOTS 6:00-7:00P GAME NIGHT	7:00-8:00A RISE & GRIND 8:00-9:00A SOTW: SPECIALTY SHOTS 12:00-1:00P SPEED DOUBLES	10:00-11:00A GAME DAY 11:00-12:00P GAME DAY	12:00-1:00P GAME DAY
MEN'S BLUE (18-32)	10:30-11:30A SOTW: GROUNDSTROKES 5:00-6:00P GRIP & RIP 7:00-8:00P GAME NIGHT	7:00-8:00A RISE & GRIND 8:00-9:00A SOTW: VOLLEYS 5:00-6:00P SOTW: VOLLEYS 7:00-8:00P GAME NIGHT	7:00-8:00A BREAKFAST BALL 10:30-11:30A SOTW: GROUNDSTROKES & VOLLEYS 5:00-6:00P SOTW: SPECIALTY SHOTS 6:00-7:00P GAME NIGHT	7:00-8:00A RISE & GRIND 8:00-9:00A SOTW: SPECIALTY SHOTS 12:00-1:00P SPEED DOUBLES	10:00-11:00A GAME DAY 11:00-12:00P GAME DAY	12:00-1:00P GAME DAY