ELITE TENNIS & WELLNESS

2026 OUTDOOR FALL 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** 6:00-7:00P **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** 6:00-7:00P **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** 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**	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** 7:00-8:00P **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** 7:00-8:00P **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** 6:00-7:00P **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 (25-39)	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** 7:00-8:00P **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** 7:00-8:00P **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**

Revised 7.29.26

Adult Outdoor Fall Programming

Reserve your spot 8 days in advance on the app.

Revised 7.29.26

Rise & Grind	Kickstart your morning with energy and enthusiasm! This drill is all about speed, sweat, and hitting 1,500 balls in a high-energy, cardio-style session. With a focus on movement and rhythm, Rise & Grind is the perfect way to wake up your game and power through your day.
Breakfast Ball	Fuel your morning with fast-paced point play in a competitive and engaging setting. Breakfast Ball is designed to sharpen your reflexes, enhance your strategy, and get your heart pumping—all before your first cup of coffee. A fantastic way to jumpstart your day and your game!
Doubles Lab	Calling all ladies! This specialized class is your key to mastering doubles strategy and technique. Each session focuses on refining a specific skill and then putting it into practice through point play. Perfect for preparing for your next Tencap or USTA match while playing with a variety of partners and levels.
Shot of the Week	Take your game to the next level by mastering a new shot each week! This class is open to all levels and focuses on developing a specific skill—whether it's a volley, a powerful serve, or a precise drop shot. Each session will highlight one key area of the game: groundstrokes, groundstrokes & volleys, volleys, or specialty shots. Through targeted drills and live play, you'll refine your technique and build confidence in executing key shots during match play. Join us and add new weapons to your game!
Grip & Rip	Rules are simple for this fast-paced doubles game! Win two points in a row to become the new champions. If you miss, head back to the line!
Game Day	Game Day is a high-energy, play-first class where each week features a different fun and competitive format like Set at the Net, 410, Swedish Doubles, Speed Doubles, or Grip & Rip to keep things fresh and exciting. The weekly game rotation can be found in the app within the class description.
Game Night	Bring the excitement of Game Day to the evenings!! Same thrilling doubles games and same unpredictable fun. The weekly game rotation can be found in the app within the class description.
Drill & Rally	Take your game to the next level with the perfect blend of skill development and competitive play! This high-energy class focuses on improving your technique and form with drills designed to help you master a specific shot while hitting tons of balls to build consistency and confidence. After sharpening your skills, we'll transition into a game-night atmosphere, where you can apply what you've learned in fun, competitive point-play scenarios. Whether you're looking to refine your strokes or elevate your match strategy - the ultimate mix of practice and play.
Men's Training	Elevate your game with the perfect combination of skill development and high intensity point play. This men's only class focuses on refining technique through fast-paced drills designed to help you master key shots while hitting tons of balls to build consistency and confidence. After sharpening your skills, we'll shift into competitive match-style scenarios, where you can put your training to the test in a game-night atmosphere. Whether you're looking to fine-tune your strokes or develop winning strategies, this class offers the ultimate mix of practice and play.
Elite Start 2.0	Take your tennis journey to the next level! Designed for our Elite Start graduates and new players eager to grow their skills, this class bridges the gap between learning the basics and becoming a confident player. Fun drills, plenty of encouragement, and a supportive environment will make this step in your tennis journey exciting and rewarding.