



Adult Class Schedule

Location/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Irvine						
7:00 am	Fit for Golf		Stretch For Golf		Fit for Golf	
8:00 am						Fit for Golf
9:00 am						
10:00 am						
5:00 pm	Fit for Golf	Fit For Golf	Fit for Golf	Fit For Golf		
6:00 pm	Fit for Golf					
7:00 pm						
ENCC						
9:00 am		Fit For Golf				
5:00 pm						
6:00 pm		Fit for Golf (High School +)				
7:00 pm						

Cardio for Golf: Get the heart rate up and burn calories all with your golf game in mind.
 Fit for Golf: Training and focus on every aspect of golf.
 Stretch & Stable: Focus on flexibility and stability for your game

Effective: 6/01/2018