



SUMMER FAST FEED SCHEDULE

BLAIRWOOD & LTC

REGULAR FAST FEEDS \$22 • CHUCK'S BOOT CAMP \$20
 TACTICAL TENNIS \$28 • BREAKFAST CLUB \$28 • CARDIO TENNIS \$20
 Non-Members must also pay \$20 guest fee at LTC or \$25 guest fee at Blairwood

GENESIS-LTC FAST FEED SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	CARDIO 9-10am Seona	BREAKFAST CLUB 6:30-8am Matt	3.0-3.5 9am-10:30am Ylia	BREAKFAST CLUB 6:30-8am Matt	3.5-4.0 9am-10:30am Raj		
	3.0-3.5 9:30-11am Robin			3.0-4.0 9:30-11am Robin	TACTICAL 3.0-4.0 9am-10:30am Rob		
		3.5-4.0 11am-12:30pm Robin	3.5-4.0 10:30am-12pm Ylia		3.0-3.5 10:30am-12pm Matt	2.5-3.0 10:30am-12pm Raj	
		TACTICAL 3.5-4.0 11am-12:30pm Rob	TACTICAL 3.0-4.0 11am-12:30pm Rob	TACTICAL 3.5-4.0 11am-12:30pm Rob	CARDIO 11am-12pm Seona	3.0-4.0 11am-12:30pm Robin	3.5-4.0 11am-12:30pm James
MID-DAY	3.5-4.0 12-1:30pm Robin	4.0+ 12:30-2pm Raj	4.0+ 12:30-2pm Robin	3.0-3.5 12:30-2pm Raj	3.0-4.0 12-1:30pm Robin	4.0-4.5 12:30-2pm Roberto	2.5-3.0 11:30am-1pm Raj
				4.0+ 12:30-2pm Robin	4.0+ 12:30-2pm Raj		3.0-3.5 1-2:30pm Robin
EVENING	3.0-4.0 7-8:30pm Robin	3.5-4.0 6-7:30pm Raj	CARDIO 6:30-7:30pm Seona	3.5-4.0 6:30-8pm Robin	3.5-4.5 6:30-8pm Robin		
	2.5-3.0 7:30-9pm Raj	4.5+ 6-7:30pm Matt	4.0+ 6-7:30pm Roberto				
		CARDIO 8-9pm Seona					

GENESIS-BLAIRWOOD FAST FEED SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING						4.0-4.5 8:30-10am Tyler	
						3.5-4.0 9-10:30am Randyll	
MID-DAY	3.5-4.0 11am-12:30pm Ylia			3.5-4.0 11:30am-1pm Ylia		3.0-3.5 10:30am-12pm Randyll	
	CHUCK'S BOOT CAMP 12-1pm Chuck		CHUCK'S BOOT CAMP 12:30-1:30pm Chuck		CHUCK'S BOOT CAMP 12-1pm Chuck	3.0-3.5 11am-12:30pm Ylia	3.0-3.5 1-2:30pm Ylia
	TACTICAL 3.0-4.0 12:30-2pm Rob						
EVENING		3.0-4.0 6-7:30pm Randyll		4.0+ 6:30-8pm Roberto			

MINIMUM 3 PLAYER REQUIREMENT
 Classes require a minimum of 3 players or they will be canceled. Be sure to sign up in advance to guarantee the class.

NEED TO CANCEL?
 If you need to cancel your spot in a Fast Feed, you must cancel at least 24 hrs in advance of class to receive a club credit.