

K O O L I N A

Beach + Sports Club

Weekly Class Schedule

Day	Class	Time	Location
Monday	Zumba	7:00 am	Tennis Pavilion
	Prime Fitness	8:30 am	Tennis Pavilion
	SUP Yoga	9:00 am	Ulua Lagoon 4
	Fascianation Roller + Stretch	5:00 pm	Ulua Lagoon 4
	Spinning	5:30 pm	Tennis Pavilion
Tuesday	Tai Chi	7:00 am	Tennis Pavilion
	Step + Abs	8:30 am	Tennis Pavilion
	Beach Pilates	4:15 pm - 4:45 pm	Ulua Lagoon 4
	Yoga	5:00 pm	Ulua Lagoon 4
	Family Fitness	4:00 pm	Tennis Pavilion
Wednesday	Stand Up Paddle	7:00 am	Ulua Lagoon 4
	Beach HIIT	8:30 am	Ulua Lagoon 4
	Prime Fitness	8:30 am	Tennis Pavilion
	Swim Fit	9:00 am	Ulua Lagoon 4
	Yoga: Yin / Restorative	4:30 pm	Ulua Lagoon 4
	Hula	6:00 pm	Tennis Pavilion
	TRX	6:30 pm	Outside Tennis Court 2
Thursday	Life Fitness Circuit	6:30 am	Fitness Center
	Tai Chi	7:30 am	Tennis Pavilion
	Family Fitness	8:30 am	Tennis Pavilion
	Spinning	5:30 pm	Tennis Pavilion
	Yoga	5:30 pm	Ulua Lagoon 4
Friday	Zumba Toning	7:00 am	Tennis Pavilion
	Yoga	8:30 am	Ulua Lagoon 4
	Step + Abs	8:30 am	Tennis Pavilion
	Mommy + Tot Yoga	10:00 am	Tennis Pavilion
Saturday	Stand Up Paddle	7:00 am	Ulua Lagoon 4
	Metabolic Conditioning	8:00 am	Tennis Pavilion
	Yoga	8:30 am	Ulua Lagoon 4
	Fascianation Roller	9:30 am	Ulua Lagoon 4
Sunday	Tai Chi	8:30 am	Tennis Pavilion
Guest of member: \$6.00	Paid by credit card at class location	Space available basis	Guest must be with member
Email RSVP required for:	All SUP, TRX and Spinning	RSVP Email:	beachandsportsclub@koolina.com

K O O L I N A

Beach + Sports Club

Weekly Golf + Tennis Schedule

Monday	Adult Golf Skills	1:00 pm	Driving Range
Tuesday	Adult Golf Skills	1:00 pm	Driving Range
Wednesday	Adult Golf Skills	1:00 pm	Driving Range
	Junior Tennis - Junior Gold I (4-6 yrs)	3:00 pm	Tennis Court 1
	Junior Tennis - Junior Gold II (4-6 yrs)	4:00 pm	Tennis Court 1
	Junior Tennis - Orange (10-13 yrs)	5:00 pm	Tennis Court 1
	Adult Intermediate Tennis Strokes	6:00 pm	Tennis Court 1
	Adult Tennis Drills	7:00 pm	Tennis Court 1
	Thursday	Adult Golf Skills	1:00 pm
Junior Tennis - Yellow (7-9 yrs)		3:00 pm	Tennis Court 1
Adult Beginner Tennis Strokes		4:00 pm	Tennis Court 1
Adult Introduction to Tennis		5:00 pm	Tennis Court 1
Adult Advanced Tennis Strokes		6:00 pm	Tennis Court 1
Friday		Adult Golf Skills	1:00 pm
Saturday	Adult Tennis Drills	7:00 am	Tennis Court 1
	Junior Tennis Drills (7-14 yrs)	8:00 am	Tennis Court 1
	Adult Golf Skills	1:00 pm	Driving Range

	Member	Guest of Member
Adult Golf Skills:	\$30.00	\$40.00
Adult Private / Semi-Private Tennis Lessons:	\$75.00 / \$85.00	N/A
Junior Private / Semi-Private Tennis Lessons:	\$60.00 / \$75.00	N/A
All Junior Tennis Classes:	\$10.00	\$12.00
All Adult Tennis Classes:	Included	\$6.00
Junior Tennis Class Punch Card:	10 sessions for \$6.00 ea.	
Adult Private Punch Card:	4 sessions for \$60.00 ea. , 3 sessions for \$65.00 ea., 2 sessions for \$70.00 ea.	
Adult Semi-Private Punch Card:	4 sessions for \$70.00 ea., 3 sessions for \$75.00 ea., 2 sessions for \$80.00 ea.	
Junior Private Punch Card:	4 sessions for \$45.00 ea., 3 sessions for \$50.00 ea., 2 sessions for \$55.00 ea.	
Junior Semi-Private Punch Card:	4 sessions for \$60.00 ea., 3 sessions for \$65.00 ea., 2 sessions for \$70.00 ea.	

Punch Cards are for members only. Punch Card payments made in-office or at the court by credit card or check ONLY. Checks are made payable to Ko Olina Beach + Sports Club. Guest of member must be accompanied by a host member to participate.

All Golf lessons are provided by the Ko Olina Golf Club; please call 808.676.5300 for reservations.