

K O O L I N A

Beach + Sports Club

Schedule of Classes

Day	Class	Time	Location
Monday	Zumba	7:00 am	Tennis Pavilion
	Prime Fitness	8:30 am	Tennis Pavilion
	Spinning	5:30 pm	Tennis Pavilion
	Fascianation Roller + Stretch	5:00 pm	Ulua Lagoon 4
Tuesday	Tai Chi	7:00 am	Tennis Pavilion
	Step + Abs	8:30 am	Tennis Pavilion
	Mommy + Me Fitness	9:30 am	Tennis Pavilion
	Beach Pilates	4:15 pm - 4:45 pm	Ulua Lagoon 4
	SUP Yoga	5:00 pm	Ulua Lagoon 4
Wednesday	Stand Up Paddle	7:00 am	Ulua Lagoon 4
	Swim Fit	8:00 am	Ulua Lagoon 4
	Prime Fitness	8:30 am	Tennis Pavilion
	Yoga: Yin / Restorative	4:30 pm	Ulua Lagoon 4
	Tennis Stroke Development Drills	7:00 pm	Tennis Pavilion
	Hula	6:00 pm	Tennis Pavilion
	TRX	6:30 pm	Tennis Court II
Thursday	Life Fitness Circuit	6:30 am	Fitness Center
	SUP Fitness	7:00 am	Ulua Lagoon 4
	Tai Chi	7:30 am	Tennis Pavilion
	Mommy + Me Fitness	9:30 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	8:00 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
	Tennis Stroke Development Drills	7:00 am	Tennis Pavilion
	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: \$5.00

Email RSVP required for: All SUP, TRX and Spinning RSVP Email: beachandsportsclub@koolina.com

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Special Program Schedule

Monday	Adult Golf Skills	1:00 pm	Driving Range
	Tennis - Stroke of the Day Clinic	8:00 am	Tennis Pavilion
	Tennis - Strategies Clinic	9:00 am	Tennis Pavilion
Tuesday	Adult Golf Skills	1:00 pm	Driving Range
Wednesday	Adult Golf Skills	1:00 pm	Driving Range
	Junior Tennis - Junior Gold	3:00 pm	Tennis Pavilion
	Junior Tennis - Orange	4:00 pm	Tennis Pavilion
	Junior Tennis - Drills	5:00 pm	Tennis Pavilion
	Junior Tennis - Green	6:00 pm	Tennis Pavilion
Thursday	Adult Golf Skills	1:00 pm	Driving Range
	Junior Tennis - Yellow	3:00 pm	Tennis Pavilion
	Beginner Tennis	4:00 pm	Tennis Pavilion
	Tennis - Advanced Clinic	6:00 pm	Tennis Pavilion
Friday	Adult Golf Skills	1:00 pm	Driving Range
Saturday	Adult Golf Skills	1:00 pm	Driving Range
	Junior Tennis - Orange	8:00 am	Tennis Pavilion
	Junior Tennis - Drills	9:00 am	Tennis Pavilion
	Junior Tennis - Green	10:00 am	Tennis Pavilion

	Member	Guest of Member
Adult Golf Skills:	\$30.00	\$40.00
Adult Private / Semi-Private Tennis Lessons	\$60.00 / \$70.00	\$75.00 / \$85.00
Junior Private / Semi-Private Tennis Lessons	\$50.00 / \$60.00	\$65.00 / \$75.00
All Junior Tennis & Clinics	*\$5.00 / \$10.00	*\$15.00 / \$25.00

* Indicates Punch Card Purchase pricing. 10 sessions per Punch Card.

All tennis lessons and clinics are paid to the Beach Office in advance. If paid at the court, single session pricing applies.

Checks are made out to Ko Olina Beach + Sports Club.