

# 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
	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
	Earth Yoga	5:00 pm	Ulua Lagoon 4
	Family Fitness	5:30 pm	Tennis Pavilion
Wednesday	Stand Up Paddle	7:00 am	Ulua Lagoon 4
	Swim Fit	9:00 am	Ulua Lagoon 4
	Prime Fitness	8:30 am	Tennis Pavilion
	Yoga: Yin / Restorative	4:30 pm	Ulua Lagoon 4
	Tennis Stroke Development Drills	6:00 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
	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	8:00 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: \$6.00

Email RSVP required for:

All SUP, TRX and Spinning

RSVP Email:

[beachandsportsclub@koolina.com](mailto:beachandsportsclub@koolina.com)

# K O O L I N A

## Beach + Sports Club

### Clinic 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
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

	Member	Guest of Member
Adult Golf Skills:	\$30.00	\$40.00
Adult Private / Semi-Private Tennis Lessons	\$75.00 / \$85.00	\$90.00 / \$105.00
Junior Private / Semi-Private Tennis Lessons	\$60.00 / \$75.00	\$80.00 / \$90.00
All Junior Tennis & Clinics	*\$6.00 / \$10.00	\$12.00
All Tennis Classes	FREE	\$10.00

\* Indicates Members Only Punch Card purchase pricing (10 sessions per Punch Card), sold only at the Beach Office.

Payments in-office or at the court by credit card or check ONLY. Checks are made out 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.