

Flatirons Gymnasium Schedule

Effective February 1

Colorado**Athletic**Club

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			\$ Cardio Drills \$ Half Court 7:30-8:30AM		\$ Cardio Drills \$ Half Court 7:30-8:30AM	
Pickleball Full Court 9-12PM	TRX/Body Bootcamp Mary 9:30-10:30AM	Pickleball Full Court 9-12PM	\$ Pickleball Drills & Skills 3.5/4.0+ \$ Half Court 8:45-9:45AM	Pickleball Full Court 9-12PM	\$ Pickleball Drills & Skills 3.5/4.0+ \$ Half Court 8:45-9:45AM	
			\$ Pickleball Drills & Skills 2.0/3.0 \$ Half Court 10-11AM		\$ Pickleball Drills & Skills 2.0/3.0 \$ Half Court 10-11AM	
			\$ Play with a Coach:: Adv. Beginner & Up \$ Half Court 11:15AM-12:15PM		Advanced Pickleball Half Court 10:30-1PM	Pickleball Full Court 10:30-1PM
					\$ Play with a Coach:: Adv. Beginner & Up \$ Half Court 11:15AM-12:15PM	
Dryland Silver/Bronze Full Court 5:30-6PM	Dryland Silver/Gold ½ Court 5-5:30PM Full Court 5:30-6PM		Dryland Silver/Bronze Full Court 5:30-6PM			

Pickleball Cardio Drills, and Drills & Skills are a fee based Program. Please sign-up using the Club App.