



## Courtyard's Weekly Adult Programs : Winter/Spring 2019

5608 Courtyard Dr Austin Tx 78731 | cytc.com | 512-345-4700 | fax: 512-345-2909

### MONDAYS

#### Women's Indoor Drill

**Day/Time:** Mondays 130pm-3pm

**Level:** W3.5 – W4.0

**Pro:** Brenda Niemeyer

**\$28/members or \$32/non-members**

**Deadline to register:** 1pm Tuesday

**Minimum Roster to make:** 3 players

**Maximum Roster:** 6 players

*Call 512-345-4700 or register at desk*

#### Evening High intensity Cardio

**Day/Time:** Mondays 530pm-630pm

**Level:** All Levels

**Pro:** Brenda Niemeyer

**\$16/members or \$20/non-member**

**Deadline to register:** 1pm Sunday

**Minimum Roster to make:** 3 players

**Maximum Roster:** 6 players

*Call 512-345-4700 or register at desk*

#### Evening Women's Drill

**Day/Time:** Mondays 630pm-8pm

**Level:** W4.0+

**Pro:** Brenda Niemeyer

**\$24/members or \$28/non-members**

**Deadline to register:** 1pm Sunday

**Minimum Roster to make:** 3 players

**Maximum Roster:** 6 players

*Call 512-345-4700 or register at desk*

### THURSDAYS

#### Morning Women's Drill

**Day/Time:** Thursdays 9am-1030am

**Level:** W3.0 – W3.5

**Pro:** Brenda Niemeyer

**\$24/members or \$28/non-members**

**Deadline to register:** 1pm

Wednesday

**Minimum Roster to make:** 3 players

**Maximum Roster:** 6 players

*Call 512-345-4700 or register at desk*

#### Evening Co-Ed Drill

**Day/Time:** Thursdays 630pm-8pm

**Level:** M3.5+ and W4.0+

**Pro:** Brenda Niemeyer

**\$24/members or \$28/non-members**

**Deadline to register:** 1pm

Wednesday

**Minimum Roster to make:** 3 players

**Maximum Roster:** 6 players

*Call 512-345-4700 or register at desk*

### SATURDAYS

#### Morning Co-Ed Drill

**Day/Time:** Saturdays 10am-11am

**Level:** All Levels

**Pro:** Brenda Niemeyer

**\$16/members or \$20/non-member**

**Deadline to register:** 1pm Friday

**Minimum Roster to make:** 3 players

**Maximum Roster:** 6 players

*Call 512-345-4700 or register at desk*