



Courtyard's Weekly Adult Programs : Winter/Spring 2019

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

M O N D A Y S

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 Sunday

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

T U E S D A Y S

Adult Intro Class (Starts In April)

Day/Time: Tuesdays 630pm-730pm

Level: Beginner

Pro: Rosie Garza

Cost: \$16 member or non-member

Deadline to register: 1pm Monday

Minimum Roster to make: 3 players

Maximum Roster: n/a

Register on our web site, cytc.com

T H U R S D A Y S

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

S A T U R D A Y S

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

Adult Intro Class (Starts In April)

Day/Time: Saturdays 11am-12pm

Level: Beginner

Pro: Brenda Niemeyer

Cost: \$16 member or non-member

Deadline to register: 1pm Friday

Minimum Roster to make: 3 players

Maximum Roster: n/a

Register on our web site, cytc.com