



# Tennis Club of Albuquerque

## MAY 2015

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www.tca-tennis.net

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>31 Yoga 8:30am to 10am Adult DropIn Tennis 11am to 1pm</p>	<p>Clubhouse closed Spin Class 12pm-1pm 12&amp;u Tennis 4pm to 5pm Abs &amp; Core Fitness 5:45p</p>	<p>Abs &amp; Core Fitness 12pm Junior Competition Group 13 &amp; up 4pm to 6:30pm</p>	<p>Spin Class 12pm-1pm 12&amp;u Tennis 4pm to 5pm 12&amp;u Competition Group 4pm to 5:30pm Yoga 6:30pm to 8pm</p>	<p>Abs &amp; Core Fitness 12pm Junior Competition Group 13 &amp; up 4pm to 6:30pm Yoga 6pm-7:30pm</p>	<p>Pilates 9:30a-10:30a 1 Spin Class 12pm-1pm TCA NTRP Doubles Grand Prix Tournament Abs &amp; Core Fitness 5:45p 3.5W 6pm</p>	<p>Pilates 8:30a to 9:30a 2 Yoga 10am to 11:30am TCA NTRP Grand Prix Tournament &amp; Players Party</p>
<p>3 Yoga 8:30am to 10am TCA NTRP Grand Prix Finals 4.0W 1pm 4.5W 3pm</p>	<p>Clubhouse closed 4 Spin Class 12pm-1pm 12&amp;u Tennis 4pm to 5pm Abs &amp; Core Fitness 5:45p 2.5W 6pm</p>	<p>5 Abs &amp; Core Fitness 12pm Junior Competition Group 13 &amp; up 4pm to 6:30pm 4.0M 6pm</p>	<p>6 Spin Class 12pm-1pm 12&amp;u Tennis 4pm to 5pm 12&amp;u Competition Group 4pm to 5:30pm Yoga 6:30pm to 8pm 3.5W 6pm</p>	<p>7 Abs &amp; Core Fitness 12pm Junior Competition Group 13 &amp; up 4pm to 6:30pm Yoga 6pm-7:30pm</p>	<p>Pilates 9:30a-10:30a 8 Spin Class 12pm-1pm 12&amp;u Competition 4pm to 5:30pm/Junior Competition Group 13&amp;up 4pm to 6:30pm Abs &amp; Core Fitness 5:45p</p>	<p>Pilates 8:30am to 9:30am 9 Yoga 10am to 11:30am 12&amp;u 10am to 11a/orange, green ball 11am to 12pm Adult Beginner Clinic 10am / Adult DropIn Tennis 11a + 1pm 4.0M 1pm</p>
<p>10 Yoga 8:30am to 10am Adult DropIn Tennis 11am to 1pm 12&amp;u Competition Group 12:30pm to 2pm 3.5W 1pm 4.5W 3pm</p>	<p>Clubhouse closed 11 Spin Class 12pm-1pm 12&amp;u Tennis 4pm to 5pm Abs &amp; Core Fitness 5:45p 3.0W 6pm</p>	<p>12 Abs &amp; Core Fitness 12pm Junior Competition Group 13 &amp; up 4pm to 6:30pm 4.0W 6pm</p>	<p>13 Spin Class 12pm-1pm 12&amp;u Tennis 4pm to 5pm 12&amp;u Competition Group 4pm to 5:30pm Yoga 6:30pm to 8pm 4.5M 6pm</p>	<p>14 Abs &amp; Core Fitness 12pm Junior Competition Group 13 &amp; up 4pm to 6:30pm Yoga 6pm-7:30pm 4.0W 6pm</p>	<p>Pilates 9:30a-10:30a 15 Spin Class 12pm-1pm 12&amp;u Competition 4pm to 5:30pm/Junior Competition Group 13&amp;up 4pm to 6:30pm Abs &amp; Core Fitness 5:45p Mix It Up! 6pm</p>	<p>Pilates 8:30am to 9:30am 16 Yoga 10am to 11:30am 12&amp;u 10am to 11a/orange, green ball 11am to 12pm Adult Beginner Clinic 10am/ Adult DropIn Tennis 11a + 1pm 3.5W 1pm 5.0m 3pm</p>
<p>TCA WorkDay 8a + 12p 17 Yoga 8:30am to 10am Adult DropIn Tennis 11am to 1pm 12&amp;u Competition Group 12:30pm to 2pm 3.5M 1pm 3.5M 3pm 3.5W 5p</p>	<p>Clubhouse closed 18 Spin Class 12pm-1pm 12&amp;u Tennis 4pm to 5pm Abs &amp; Core Fitness 5:45p 4.0M 6pm</p>	<p>19 Abs &amp; Core Fitness 12pm Junior Competition Group 13 &amp; up 4pm to 6:30pm 3.0W 6pm</p>	<p>20 Spin Class 12pm-1pm 12&amp;u Tennis 4pm to 5pm 12&amp;u Competition Group 4pm to 5:30pm Yoga 6:30pm to 8pm</p>	<p>21 Abs &amp; Core Fitness 12pm Junior Competition Group 13 &amp; up 4pm to 6:30pm Yoga 6pm-7:30pm</p>	<p>Pilates 9:30a-10:30a 22 Spin Class 12pm-1pm 12&amp;u Competition 4pm to 5:30pm/Junior Competition Group 13&amp;up 4pm to 6:30pm Abs &amp; Core Fitness 5:45p</p>	<p>Pilates 8:30am to 9:30am 23 Yoga 10am to 11:30am 12&amp;u 10am to 11a/orange, green ball 11am to 12pm Adult Beginner Clinic 10am Adult DropIn Tennis 11am to 1pm</p>
<p>24 Yoga 8:30am to 10am Adult DropIn Tennis 11am to 1pm</p>	<p>Memorial Day 25 *Family Fun Day!* Spin Class 12pm to 1pm Pool Officially Opens for the Season! Abs &amp; Core Fitness 5:45p</p>	<p>26 Abs &amp; Core Fitness 12pm Summer Tennis Camp Session 1 9am Swim Lessons Session 1 4.0M 6pm</p>	<p>27 Spin Class 12pm-1pm Summer Tennis Camp Session 1 9am Yoga 6:30pm to 8pm 4.5W 6pm</p>	<p>28 Abs &amp; Core Fitness 12pm Summer Tennis Camp Session 1 9am Yoga 6pm-7:30pm</p>	<p>Pilates 9:30a-10:30a 29 Spin Class 12pm-1pm Summer Tennis Camp Session 1 9am Abs &amp; Core Fitness 5:45p</p>	<p>Pilates 8:30am to 9:30am 30 Yoga 10am to 11:30am 12&amp;u 10am to 11a/orange, green ball 11am to 12pm Adult Beginner Clinic 10am Adult DropIn Tennis 11am to 1pm 4.0M 1pm</p>