

Program Guide

Week of 3/6/23-3/12/23

Day	Date	Description	Pros	Time	Where	
Monday	03/06/23	PB Clinics	KK/John K	8:00am-9:00am	DBTC	
		Cardio/Drills & Games	Wayne L	8:30am-12:30pm	DBTC	
		Intro WWO	AC	9:00am-10:00am	DBTC	
		Jr. Program	BW/CT	4:00pm-7:00pm	DBTC	
		Intro	JK	6:00pm-7:00pm	DBTC	
		WWO II	JK/AC/MW	7:00pm-8:30pm	DBTC	
Tuesday	03/07/23	PB Clinics	KK/John K	8:00am-9:00am	DBTC	
		Cardio/Drills & Games	Wayne L	8:30am-12:30pm	DBTC	
		Intro WWO	MW	9:00am-10:00am	DBTC	
		Jr. Program	BW/CT	4:00pm-7:00pm	DBTC	
		Season start/end time varies	Elite Program	Bob D	Afternoon	DBST
		WWO II	AC	5:30pm-7:00pm	DBTC	
		Beginners	PE	5:30pm-7:00pm	DBTC	
		B2B	AC/MW/PE	7:00pm-8:30pm	DBTC	
Wednesday	03/08/23	PB Clinics	KK/John K	8:00am-9:00am	DBTC	
		Cardio/Drills & Games	Wayne L	8:30am-12:30pm	DBTC	
		Intro WWO	AC	9:00am-10:00am	DBTC	
		Jr. Program	BW/CT	4:00pm-7:00pm	DBTC	
		Intro	JK	6:00pm-7:00pm	DBTC	
		WWO II	JK/AC/MW	7:00pm-8:30pm	DBTC	
Thursday	03/09/23	PB Clinics	KK/John K	8:00am-9:00am	DBTC	
		Cardio/Drills & Games	Wayne L	8:30am-12:30pm	DBTC	
		Intro WWO	Jeff K	9:00am-10:00am	DBTC	
		Jr. Program	BW/CT	4:00pm-7:00pm	DBTC	
		WWO II	PE	5:30pm-7:00pm	DBTC	
		PB Clinics	KK/John K	5:30pm-9:00pm	DBTC	
		B2B	AC/MW/PE	7:00pm-8:30pm	DBTC	
Friday	03/10/23	Cardio/Drills & Games	Wayne L	8:30am-12:30pm	DBTC	
		Intro WWO	MW	9:00am-10:00am	DBTC	
		Jr. Program	BW/CT	4:00pm-7:00pm	DBTC	
		Elite Program	Bob D	7:00pm-9:00pm	DBTC	
		Wanna Work Out	JK/AC/MW	8:30am-10:00am	DBTC	
Saturday	03/11/23	Mixer	Bob D	9:00am-11:00am	DBST	
		Games x 3	Mark W	10:00am-11:00am	DBTC	
		Stroke of the Week	JK	10:00am-11:30am	DBTC	
		Sunday Morning Mixer	JK	10:00am-12:00pm	DBTC	
Sunday	03/12/23	Elite Program	Bob D	5:30pm-7:30pm	DBTC	