


SOAC July 2010 Calendar of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

	Junior Tennis Program goes on year around. Check out the details on our Website: www.southernoaksbr.com			LADIES LEAGUE 8:00am Yoga "All level Vinyasa Flow" NO YOGA	LADIES ADVANCED DRILLS 6:00pm	4TH OF JULY EVENTS
Regular Club Hours	POOL OPEN!!	POOL CLOSED	LADIES LEAGUE 8:00am Yoga "All level Vinyasa Flow" YOGA 6:30pm - Theresa	LADIES LEAGUE 8:00am Yoga "All level Vinyasa Flow" YOGA 6:30pm - Theresa	LADIES ADVANCED DRILLS 6:00pm	CARDIO Tennis 8:30am - 9:30am
	MENS LEAGUE	8:00am Yoga "All level Vinyasa Flow"				MENS DRILLS 8:00am-9:30am
	LADIES BEGINNER/ 2.5 DRILLS 6:30pm					LADIES DRILLS 9:30am-10:30am
11	12	13	14	15	16	17
	MENS LEAGUE	8:00am Yoga "All level Vinyasa Flow"		LADIES LEAGUE 8:00am Yoga "All level Vinyasa Flow" YOGA 6:30pm - Theresa	FaMiLy NiGHt @ THE POOL 6pm-10pm	CARDIO Tennis 8:30am - 9:30am
	LADIES BEGINNER/ 2.5 DRILLS 6:30pm				LADIES ADVANCED DRILLS 6:00pm	MENS DRILLS 8:00am-9:30am
		YOGA 6:30pm - Theresa				LADIES DRILLS 9:30am-10:30am
18	19	20	21	22	23	24
	MENS LEAGUE	8:00am Yoga "All level Vinyasa Flow"		LADIES LEAGUE 8:00am Yoga "All level Vinyasa Flow" YOGA 6:30pm - Theresa	LADIES ADVANCED DRILLS 6:00pm	CARDIO Tennis 8:30am - 9:30am
	LADIES BEGINNER/ 2.5 DRILLS 6:30pm					MENS DRILLS 8:00am-9:30am
		YOGA 6:30pm - Theresa				LADIES DRILLS 9:30am-10:30am
25	26	27	28	29	30	31
	MENS LEAGUE	8:00am Yoga "All level Vinyasa Flow"		LADIES LEAGUE 8:00am Yoga "All level Vinyasa Flow" YOGA 6:30pm - Theresa	LADIES ADVANCED DRILLS 6:00pm	CARDIO Tennis 8:30am - 9:30am
	LADIES BEGINNER/ 2.5 DRILLS 6:30pm					MENS DRILLS 8:00am-9:30am
		YOGA 6:30pm - Theresa				LADIES DRILLS 9:30am-10:30am