SQUASHTIGERS

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|------------------|--|---|------------------------|---|-----------------|
| SQUAD | SQUAD | SQUAD | SQUAD | | SQUAD Z Z | SQUAD |
| 4:00pm-5:15pm | 4:00pm-5:15pm | 4:00pm-5:15pm | 4:00pm-5:15pm | SQUAD | 10:00am-11:30am | 10:00am-11:30am |
| PERFORMANCE | PERFORMANCE | PERFORMANCE | PERFORMANCE | 4:00pm-5:15pm | PERFORMANCE | PERFORMANCE |
| PROGRAM | PROGRAM | PROGRAM | PROGRAM | PERFORMANCE | PROGRAM | PROGRAM |
| 5:15pm - 6:00pm | 5:15pm - 6:00pm | 5:15pm - 6:00pm | 5:15pm - 6:00pm | PROGRAM | 11:30am-12:30pm 이 전 문 문 문 문 문 문 문 문 문 문 문 문 문 문 문 문 문 문 | 11:30am-12:30pm |
| | | | | 5:15pm - 6:00pm | | SQUAD |
| SQUAD | SQUAD | SQUAD | SQUAD | | 12:30pm-2:00pm | 12:30pm-2:00pm |
| 6:00pm-7:15pm | 6:00pm-7:15pm | 6:00pm-7:15pm | 6:00pm-7:15pm | | 3 6 | |
| | | | | SQUAD | PERFORMANCE | PERFORMANCE |
| PERFORMANCE | PERFORMANCE | PERFORMANCE | PERFORMANCE | 6:00pm-7:15pm | PROGRAM | PROGRAM |
| PROGRAM | PROGRAM | PROGRAM | PROGRAM | | 2:00pm-3:00pm | 2:00pm-3:00pm |
| 7:15pm - 8:00pm | 7:15pm - 8:00pm | 7:15pm - 8:00pm | 7:15pm - 8:00pm | PERFORMANCE PROGRAM | SQUAD | SQUAD |
| SQUAD | SQUAD | SQUAD | SQUAD | 7:15pm - 8:00pm | 3:00pm-4:30pm | 3:00pm-4:30pm |
| 8:00pm - 9:15pm | 8:00pm - 9:15pm | 8:00pm - 9:15pm | 8:00pm - 9:15pm | | | |
| SQUASHTIGERS Membership Types | | | | | Rehearsal Tournaments | |
| FULL SQUAD | MEMBERSHIP | Full acce | Full access to all Squads 7 days a week | | 3-Sep | 4-Feb |
| PERFORMANCE PROGRAM MEMBERSHIP Full access to all Squads and | | | | ormance Program | 1-Oct | 11-Mar |
| WEEKEND SQUAD MEMBERSHIP Acces | | | to all Squads Saturday and Sunday | | 5-Nov | 1-Apr |
| WEEKEND PERFORM | MANCE MEMBERSHIP | Full access to all Squads and the Performance Program Saturday and Sunday | | | 3-Dec | 6-May |
| Private Lessons and Tournament Coaching requests via paul@squashtigers.com | | | | | 7-Jan | 3-Jun |