

In-Season - Complimentary Class Schedule

Fitness/Golf Classes at Clubgolf

Clubgolf Hours of Operation: Monday - Thursday 6 am to 10 pm, Friday 6 am to 8 pm, Saturday - Sunday 8 am - 6 pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	11 AM Core Strength for Golf	12 PM X-Factor	11 AM Balance & Shoulders		9 AM Core Strength for Golf	9 AM Impact/Release Golf & Fitness
	6:00 PM- 30 Min Putting		5:00 PM- 30 Min Supervised Practice	12 PM Setup/Backswing Golf & Fitness	11 AM X-Flexibility & X-Power	11 AM Balance & Shoulders
6 PM Core Strength for Golf						
	7 PM Transition/Downswing Golf & Fitness	6 PM Balance & Shoulders	6 PM X-Flexibility & X-Power			12 PM- 30 Min Pitching/Chipping

Golf Classes at Clubgolf Academy at Blue Mash

		4:00 PM - 90 Min Rising Pros for Juniors <i>**Extra Fee Applies**</i>			11:00 AM - 30 Min Short Game	
		5:30 PM - 30 Min Full Swing		12:00 PM - 30 Min Full Swing	3:00 PM - 90 Min Rising Pros for Juniors <i>**Extra Fee Applies**</i>	1:00 PM - 30 Min Supervised Practice

All Classes are 45 minutes unless noted. Please call 301-519-1920 to sign up for classes