

Mixed Workouts

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This drill is all about the moving and having a good time hitting! Be prepared to keep the feet moving, hitting plenty of balls and having a good workout!

Mixed Drills

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This drill is a combination of point play, strategy and more!

Beginners

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This is where you start. Strokes, Strategy, Match Play All taught in a non-competitive format.

Cardio

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A high energy fitness drill delivering a full body calorie burning workout.

Mondays

Mixed Workout	4.5+	7:00-9:00 PM	Tim Barnard
Mixed Drills	3.5	7:00-8:30 PM	Oliver Welsh
Beginners	1.0+	7:00-8:30 PM	James Thompson

Tuesdays

Mixed Drills	4.0+	7:00-8:30 PM	Jake Williams
NEW Mixed Drills	2.0-2.5	7:00-8:30 PM	Andrew Dobbs
NEW Mixed Drills	3.0-3.5	7:00-8:30 PM	Patrick Nguyen

Wednesdays

Mixed Workout	3.5+	9:00-10:30 AM	Tim Barnard
Mixed Workout	4.0+	7:00-8:30 PM	Tim Barnard
Mixed Drill	3.0	7:00-8:30 PM	Oliver Welsh
Beginners	1.0+	7:00-8:30 PM	James Thompson

Thursdays

Mixed Drills	3.5	7:00-8:30 PM	Andrew Dobbs
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Fridays

Mixed Workout	3.5+	9:00-10:30 AM	Tim Barnard
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Saturdays

COMING SOON Cardio	ALL	8:00-8:45 AM	TBD
Beginners	1.0+	8:30-10:00 AM	James Thompson
Mixed Workout	2.5-3.0	9:00-10:30 AM	Tim Barnard
Mixed Drills	3.0+	10:00-11:30 AM	James Thompson
Mixed Workout	3.5+	10:30-12:00 PM	Tim Barnard

Sundays

Mixed Drills	3.0+	10:00-11:30 AM	Oliver Welsh
Mixed Drills	3.5+	11:30-1:00 PM	Oliver Welsh



(214) 670-6622



www.fretztennis.org



6998 Beltline Rd,
Dallas, TX 75254