



# May Adult Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Register in the MyLSF app</b></p> <p>Reach out to <a href="mailto:ICMembership@LakeshoreSF.com">ICMembership@LakeshoreSF.com</a> for more information</p>					<p>5/1</p>  <p><b>Spa in the Springtime Starts</b></p>	5/2
5/3	5/4	<p>5/5</p>  <p><b>Taco Tuesday/Margarita Masterclass</b> 6-7:30pm</p>	5/6	<p>5/7</p>  <p><b>Flower Arrangement Workshop</b> 5:30-7pm</p> <p><b>Yoga Basics</b> 5:15-6pm</p>	5/8	5/9
5/10	<p>5/11</p>  <p><b>TeamX: Muay Thai</b> 6pm</p>	<p>5/12</p>  <p><b>Vibe Dance Fitness</b> 6:15-7pm</p>	<p>5/13</p>  <p><b>Pickleball Drills &amp; Skills</b></p> <p><b>Ping Pong Mixer</b> 5:30-8:30pm</p>	5/14	5/15	5/16
<p>5/17</p>  <p><b>Introduction to Pickleball</b> 9:45am-11am</p>	<p>5/18</p>  <p><b>Specialty: Modified MURPH Workout</b> 4:30pm</p> <p><b>Community Volleyball Open Gym</b> 5:30-7pm</p>	5/19	5/20	5/21	5/22	<p>5/23</p> <p><b>Memorial Day Weekend Club Hours</b> 7am to 3pm</p>
<p>5/24</p> <p><b>Memorial Day Weekend Club Hours</b> 7am to 3pm</p> <p>5/31</p> <p><b>Introduction to Pickleball</b> 9:45am-11am</p>	<p>5/25</p> <p><b>Memorial Day Weekend Club Hours</b> 7am to 3pm</p>	<p>5/26</p>  <p><b>RedCross Blood Drive</b> 1-6PM</p> <p><b>Vibe Dance Fitness</b> 6:15-7pm</p>	<p>5/27</p>  <p><b>Cardio Pickleball</b></p> <p><b>Paint &amp; Sip</b> 5:30-7pm</p>	<p>5/28</p>  <p><b>Member Mixer</b> 6-7:30pm</p>	5/29	<p>5/30</p>  <p><b>3v3 Basketball Tourney</b> 9am - 12pm</p> <p><b>Yoga Basics</b> 10:30-11:15am</p>