



COMPLEMENTARY

**LUNA PICKLEBALL BY  
FRANK SOLANA**

***AT NOBU HOTEL LOS CABOS***

Clinics during the week at Nobu

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JULY 07 – JULY 11  
09:00 am – 10:30 am

MONDAY 07 **Serve:** The importance  
of depth and spin.

TUESDAY 08 **Return of Serve:** Hit it slow  
and deep to set you up at  
the kitchen line.

WEDNESDAY 09 **Third shot drop/drive:** How  
to recognize what is the  
best option.

THURSDAY 10 **Fourth shot roll/punch volley:**  
When to hit each and  
technique.

FRIDAY 11 **Fifth shot reset/bake:** how to  
transition successfully to the  
7th shot.

***NOBU HOTEL***  
LOS CABOS