CLUB PROGRAMME

Times	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Times
7.00am			Breakfast Tennis		Breakfast Tennis			7.00am
7.30am			7-8am		7-8am			7.30am
8.00am								8.00am
8.30am								8.30am
9.00am		Cardio Tennis	Cardio Tennis					9.00am
9.30am		9am - 10am	9am - 10am					9.30am
10.00am	Cardio Tennis	Ladies Morning	Ladies Morning	Ladies Morning	Cardio Tennis			10.00am
10.30am	10-11am	Tennis	Tennis	Tennis	10-11am			10.30am
11.00am	Mixed Coaching	10-11.30am	10-11.30am	10-11.30am				11.00am
11.30am	11-12pm							11.30am
12.00pm								12.00pm
12.30pm								12.30pm
1.00pm								1.00pm
1.30pm								1.30pm
2.00pm								2.00pm
2.30pm				40				2.30pm
3.00pm								3.00pm
3.30pm							Control Control	3.30pm
4.00pm					Kids Cardio Tennis		Cardio Tennis	4.00pm
4.30pm					4 - 5pm		4-5pm	4.30pm
5.00pm		Kids Cardio Tennis						5.00pm
5.30pm		5pm - 6pm					Mixed Social	5.30pm
6.00pm	Int & Adv	Intermediate	Beginners		Cardio Tennis		Tennis 5-7pm	6.00pm
6.30pm	Coaching	Coaching 6-7pm	Coaching 6-7pm	12	6-7pm			6.30pm
7.00pm	6 -7.30pm							7.00pm
7.30pm		Mixed Social	Men's Match					7.30pm
8.00pm		Tennis 7-9pm	Practise 7-9pm					8.00pm
8.30pm				Ladies				8.30pm
9.00pm				Match Pratice				9.00pm
9.30pm				8pm onwards				9.30pm
10.00pm								10.00pm