

Tennis World Canberra Program Timetable



Social Leagues
Included In Silver & Gold memberships
Fast 4 Tennis format

Fitbit Cardio Tennis
Included In Silver & Gold memberships
\$20 per casual session
Classes run for 45 minutes



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning			Cardio Tennis Active 6:30am – 7:15am		Cardio Tennis Active 6:30am – 7:15am	HS Blue Ball 8:00am-8:30am HS Red Ball 8:00am-8:30am HS Orange Ball 8:00am-9:00am HS Green Ball 8:00am-9:00am	
						HS Blue Ball 8:30am-9:00am HS Red Ball 8:30am-9:00am HS Orange Ball 9:00am-10:00am HS Green Ball 9:00am-10:00am	
				Cardio Tennis Play 12:30pm – 1:15pm		HS Blue Ball 9:00am-9:30am HS Red Ball 9:00am-9:30am HS Orange Ball 10:00am-11:00am HS Green Ball 10:00am-11:00am	
Evening		HS Blue Ball 3:30pm-4:00pm HS Red Ball 4:00pm-4:30pm		HS Blue Ball 3:30pm-4:00pm HS Red Ball 4:00pm-4:30pm			
	HS Red Ball 4:00pm-4:30pm HS Red Ball 4:30pm-5:00pm	HS Red Ball 4:30pm-5:00pm HS Orange Ball 4:00pm-5:00pm	HS Red Ball 4:00pm-4:30pm HS Red Ball 4:30pm-5:00pm	HS Red Ball 4:30pm-5:00pm HS Orange Ball 4:00pm-5:00pm	HS Red Ball 4:00pm-4:30pm HS Red Ball 4:30pm-5:00pm		
	HS Orange Ball 4:00pm-5:00pm HS Green Ball 4:00pm-5:00pm	HS Orange Ball 5:00pm-6:00pm HS Green Ball 5:00pm-6:00pm HS Green Ball Performance 5:00pm-6:00pm	HS Orange Ball 4:00pm-5:00pm HS Green Ball 4:00pm-5:00pm	HS Orange Ball 5:00pm-6:00pm HS Green Ball 5:00pm-6:00pm HS Green Ball Performance 5:00pm-6:00pm	HS Orange Ball 4:00pm-5:00pm HS Green Ball 4:00pm-5:00pm Junior Groups 4:00pm-5:00pm		
	HS Orange Ball 5:00pm-6:00pm HS Green Ball 5:00pm-6:00pm	Junior Development Squad 5:00pm-6:30pm	HS Orange Ball 5:00pm-6:00pm HS Green Ball 5:00pm-6:00pm	Junior Development Squad 5:00pm-6:30pm	Junior Match Play Orange, Green, Junior 5:00pm – 6:30pm	Junior League Orange, Green, Junior 4:30pm – 6:00pm	
	Adult Beginner 6:00pm-7:00pm	Cardio Tennis Active 6:30pm – 7:15pm	Junior Groups 5:30pm-7:00pm Adult Intermediate 6:00pm-7:00pm	Cardio Tennis Active 6:30pm – 7:15pm	Social League Singles 6:30pm – 8:30pm		
	Cardio Tennis Play 7:15pm-8:00pm	Cardio Tennis Play 7:15pm-8:00pm	Social League Doubles 7:00pm – 9:00pm	Cardio Tennis Play 7:15pm-8:00pm			



Online Booking system
To book into a Fitbit Cardio Tennis session
Visit bookings.tennisworld.net.au