

# Tennis World Canberra Program Timetable



**Social Leagues**  
Included In Silver & Gold memberships  
Fast 4 Tenns 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			<b>Cardio Tennis Active</b> 6:30am – 7:15am		<b>Cardio Tennis Active</b> 6:30am – 7:15am	<b>HS Blue Ball</b> 8:00am-8:30am <b>HS Red Ball</b> 8:00am-8:30am <b>HS Orange Ball</b> 8:00am-9:00am <b>HS Green Ball</b> 8:00am-9:00am	
						<b>HS Blue Ball</b> 8:30am-9:00am <b>HS Red Ball</b> 8:30am-9:00am <b>HS Orange Ball</b> 9:00am-10:00am <b>HS Green Ball</b> 9:00am-10:00am	
				<b>Cardio Tennis Play</b> 12:30pm – 1:15pm		<b>HS Blue Ball</b> 9:00am-9:30am <b>HS Red Ball</b> 9:00am-9:30am <b>HS Orange Ball</b> 10:00am-11:00am <b>HS Green Ball</b> 10:00am-11:00am	
Evening		<b>HS Blue Ball</b> 3:30pm-4:00pm <b>HS Red Ball</b> 4:00pm-4:30pm		<b>HS Blue Ball</b> 3:30pm-4:00pm <b>HS Red Ball</b> 4:00pm-4:30pm		<b>Cardio Tennis Active</b> 10:00am – 10:45am	
	<b>HS Red Ball</b> 4:00pm-4:30pm <b>HS Red Ball</b> 4:30pm-5:00pm	<b>HS Red Ball</b> 4:30pm-5:00pm <b>HS Orange Ball</b> 4:00pm-5:00pm	<b>HS Red Ball</b> 4:00pm-4:30pm <b>HS Red Ball</b> 4:30pm-5:00pm	<b>HS Red Ball</b> 4:30pm-5:00pm <b>HS Orange Ball</b> 4:00pm-5:00pm	<b>HS Red Ball</b> 4:00pm-4:30pm <b>HS Red Ball</b> 4:30pm-5:00pm		
	<b>HS Orange Ball</b> 4:00pm-5:00pm <b>HS Green Ball</b> 4:00pm-5:00pm	<b>HS Orange Ball</b> 5:00pm-6:00pm <b>HS Green Ball</b> 5:00pm-6:00pm <b>HS Green Ball Performance</b> 5:00pm-6:30pm	<b>HS Orange Ball</b> 4:00pm-5:00pm <b>HS Green Ball</b> 4:00pm-5:00pm	<b>HS Orange Ball</b> 5:00pm-6:00pm <b>HS Green Ball</b> 5:00pm-6:00pm <b>HS Green Ball Performance</b> 5:00pm-6:30pm	<b>HS Orange Ball</b> 4:00pm-5:00pm <b>HS Green Ball</b> 4:00pm-5:00pm <b>Junior Groups</b> 4:00pm-5:00pm		
	<b>HS Orange Ball</b> 5:00pm-6:00pm <b>HS Green Ball</b> 5:00pm-6:00pm	<b>Junior Development Squad</b> 5:00pm-6:30pm	<b>HS Orange Ball</b> 5:00pm-6:00pm <b>HS Green Ball</b> 5:00pm-6:00pm	<b>Junior Development Squad</b> 5:00pm-6:30pm	<b>Junior Match Play</b> <b>Orange, Green, Junior</b> 5:00pm – 6:30pm	<b>Junior League</b> <b>Orange, Green, Junior</b> 4:30pm – 6:00pm	
	<b>Adult Beginner</b> 6:00pm-7:00pm	<b>Cardio Tennis Active</b> 6:30pm – 7:15pm	<b>Junior Groups</b> 5:30pm-7:00pm <b>Adult Intermediate</b> 6:00pm-7:00pm	<b>Cardio Tennis Active</b> 6:30pm – 7:15pm	<b>Social League Singles</b> 6:30pm – 8:30pm		
	<b>Cardio Tennis Play</b> 7:30pm-8:15pm	<b>Cardio Tennis Play</b> 7:30pm-8:15pm	<b>Social League Doubles</b> 7:00pm – 9:00pm	<b>Cardio Tennis Play</b> 7:30pm-8:15pm			



**Online Booking system**  
To book into a Fitbit Cardio Tennis session  
Visit [bookings.tennisworld.net.au](http://bookings.tennisworld.net.au)