

# Tennis World Millwood 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	Ladies Social Tennis 9.30am		Ladies Social Tennis 9.30am				HS Red Stage 9am – 9.30am
Evening	Private Lessons	HS Red Stage 4:00pm-4:30pm	Private Lessons	HS Blue Stage 3:30pm-4:00pm	Private Lessons		
	Junior Development Group 4:30pm-6:00pm	HS Orange Stage 4:30pm-5:30pm  Private Lessons		Private Lessons  Junior Development Group 4pm - 5.30pm			
	Adult Group 6:00pm-7:00pm	HS Green Stage 5.30pm – 6.30pm		Junior Development Group  4.30pm-6:00pm			
	Private Lessons		Social Leagues 7:00pm – 10:00pm	Private Lessons			



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