

Tennis World Launceston 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 Play 6:30am-7:15am		Social Tennis 9.30am-11.30am	Cardio Tennis Play 8.30am-9.15am HS Blue Ball 8:30-9:00am	
			Cardio Tennis Play 7:15am –8:00am	Junior Development Squad 7:00am-8:30am		Cardio Tennis Play 9:15am –10:00am	
	Mid -Week Ladies League 9:00am-11:00am	Mid -Week Ladies League 9:00am-11:00am		Mid -Week Ladies League 9:00am-11:00am		HS Red Ball 9.00am-9.30am HS Red Ball 9.30am-10am	
						HS Orange Ball 9.00am-10.00am Hot Shots Green 10.00am-11.00am	
						Adult Beginner 10.00am-11.00am Junior Group 11.00am-12.00pm Private Lessons	
Evening	Private Lessons HS Blue Ball 4:00pm – 4:30pm	HS Red Ball 4:00pm-4:30pm	Hot Shots Green 4:00pm-5:00pm	HS Orange Ball 4:00pm-5:00pm Hot Shots Green 4:00pm-5:00pm	HS Red Ball 4:00pm-4:30pm		
	HS Red Ball 4:30pm-5:00pm HS Orange Ball 4:30pm-5:30pm Junior Group 5.00pm-6.00pm	HS Red Ball 4:30pm-5:00pm HS Orange 4:30pm-5:30pm HS Orange 4:30pm-5:30pm	HS Orange Ball 5:00pm-6:00pm Junior Group 5.00pm-6.00pm	HS Red Ball 1 4:30pm-5:00pm HS Orange Ball 5:00pm-6:00pm HS Green Ball 5:00pm-6:00pm	HS Orange Ball 4:30pm-5:30pm HS Orange Ball 4:30pm-5:30pm Junior League 4:00pm-5:00pm Junior League 5:00pm-6:00pm		
	Junior Development Squad 4:30pm-6:00pm Performance Squad 5.00pm-6.30pm	Junior Development Squad 5:00pm-6:30pm Performance Squad 5:00pm-6:30pm	Performance Squad 5:00pm-6:30pm Mixed Men's Doubles League 6:30pm-8:00pm	Junior Development Squad 5:00pm-6:30pm	Junior Development Squad 4:30pm-6:00pm Performance Squad 4.30pm-6.00pm		
	Adult Beginner 6:00pm-7:00pm Mixed A grade Doubles League 6:30pm-8:30pm	Cardio Tennis Play 6:30pm – 7:15pm Mixed B grade Singles League 7:00pm-8:30pm Cardio Tennis Activate 7.15pm – 8.00pm	Private Lessons Mixed C Grade Doubles League 7:00pm-8:30pm	Junior Development Squad 7:00pm-8:30pm Private Lessons Mixed B Doubles and Singles League 6:30pm-8:30pm	Private Lessons		
	Private Lessons	Private Lessons	C Grade Social League 7.00pm –8:30pm	Cardio Tennis Play 6:30pm –7:15pm Cardio Tennis Activate 7.15pm – 8.00pm	Junior Leagues (Beginner) 4:00pm-5:00pm Junior Leagues (Intermediate) 5.00pm-6.00pm		

Online Booking system

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

