

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						8:30 – 9:00 HS Blue Ball HS Red Ball HS Orange Ball Hot Shots Green Private Lessons	
	9:00 – 11:00 Mid-Week Ladies Leagues	9:00 – 11:00 Mid-Week Ladies Leagues		9:00 – 11:00 Mid-Week Ladies Leagues	9:00 – 11:00 Social Tennis	9:00 – 10:00 HS Blue Ball HS Red Ball HS Orange Ball Hot Shots Green Private Lessons	
				11:30 – 12:30 Cardio Tennis Play		10:00 – 11:00 HS Red Ball HS Orange Ball Hot Shots Green Private Lessons	
						11:00 – 12:00 HS Red Ball HS Orange Ball Hot Shots Green Private Lessons	
						12:00 – 1:00 HS Orange Ball Hot Shots Green Private Lessons	
Evening	3:00 – 3:30 HS Blue Ball HS Red Ball HS Orange Ball Hot Shots Green Private Lessons	3:00 – 3:30 HS Blue Ball HS Red Ball HS Orange Ball Hot Shots Green Private Lessons	3:00 – 3:30 HS Blue Ball HS Red Ball HS Orange Ball Hot Shots Green Private Lessons	3:00 – 3:30 HS Blue Ball HS Red Ball HS Orange Ball Hot Shots Green Private Lessons	3:00 – 3:30 HS Blue Ball HS Red Ball HS Orange Ball Hot Shots Green Private Lessons		
	3:30 – 4:00 HS Blue Ball HS Red Ball HS Orange Ball Hot Shots Green Private Lessons	3:30 – 4:00 HS Blue Ball HS Red Ball HS Orange Ball Hot Shots Green Private Lessons	3:30 – 4:00 HS Blue Ball HS Red Ball HS Orange Ball Hot Shots Green Private Lessons	3:30 – 4:00 HS Blue Ball HS Red Ball HS Orange Ball Hot Shots Green Private Lessons	3:30 – 4:00 HS Blue Ball HS Red Ball HS Orange Ball Hot Shots Green Private Lessons		
	4:00 – 4:30 HS Red Ball HS Orange Ball Hot Shots Green Private Lessons	4:00 – 4:30 HS Red Ball HS Orange Ball Hot Shots Green Private Lessons	4:00 – 4:30 HS Red Ball HS Orange Ball Hot Shots Green Private Lessons	4:00 – 4:30 HS Red Ball HS Orange Ball Hot Shots Green Private Lessons	4:00 – 4:30 HS Red Ball HS Orange Ball Hot Shots Green Private Lessons		
	4:30 – 5:00 HS Red Ball HS Orange Ball Hot Shots Green Private Lessons	4:30 – 5:00 HS Red Ball HS Orange Ball Hot Shots Green Private Lessons	4:30 – 5:00 HS Red Ball HS Orange Ball Hot Shots Green Private Lessons	4:30 – 5:00 HS Red Ball HS Orange Ball Hot Shots Green Private Lessons	4:30 – 5:00 HS Red Ball HS Orange Ball Hot Shots Green Private Lessons		
	5:00 – 5:30 HS Orange Ball Hot Shots Green Private Lessons Junior Development Squad	5:00 – 5:30 HS Orange Ball Hot Shots Green Private Lessons	5:00 – 5:30 HS Orange Ball Hot Shots Green Private Lessons	5:00 – 5:30 HS Orange Ball Hot Shots Green Private Lessons	5:00 – 5:30 HS Orange Ball Hot Shots Green Private Lessons		
	5:30 – 6:30 Hot Shots Green Private Lessons	5:30 – 6:30 Hot Shots Green Private Lessons Adult Beginner	5:30 – 6:30 Private Lessons Cardio Tennis Play	5:30 – 6:30 Private Lessons Adult Beginner	5:30 – 6:30 Private Lessons		



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