



Melbourne Park & Albert Reserve Program Timetable



BOOK ONLINE: tennisworld.net.au

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Morning	Cardio Play (MP) 6:30am – 7:15am Cardio Play (MP) 7:15am – 8:00am Ladies Tennis Mornings (AR) 9:30am – 11:30am	Cardio Play (MP) 6:30am – 7:15am Cardio Play (MP) 7:15am – 8:00am Ladies Tennis Mornings (AR) 9:30am – 11:30am	Cardio Play (MP) 6:30am – 7:15am Cardio Play (MP) 7:15am – 8:00am Ladies Tennis Mornings (MP) 9:30am – 11:30am	Cardio Play (MP) 6:30am – 7:15am Cardio Play (MP) 7:15am – 8:00am Ladies Tennis Mornings (AR) 9:30am – 11:30am	Cardio Play (MP) 6:30am – 7:15am Cardio Play (MP) 7:15am – 8:00am Ladies Tennis Mornings (MP) 9:30am – 11:30am	Ladies Pennant (April – Sept) (AR & MP) 8:45am – 1pm Cardio Play (MP) 9am – 9:45am Cardio Play (MP) 9:45am – 10:30am	Junior Bayside (Feb- Nov) (AR & MP) 8:30am – 12pm Cardio Play (MP) 9am – 9:45am Cardio Play (MP) 9:45am – 10:30am
	Cardio Play (MP) 11:30am – 12:15pm	Cardio Play (MP) 11:30am – 12:15pm	Cardio Play (MP) 11:30am – 12:15pm Cardio Activ8 (MP) 11:30am – 12:15pm	Cardio Play (MP) 11:30am – 12:15pm Cardio Activ8 (MP) 11:30am – 12:15pm	Cardio Play (MP) 11:30am – 12:15pm Cardio Activ8 (MP) 11:30am – 12:15pm	Cardio Play (AR & MP) 10:30am – 11:15am Cardio Play (AR & MP) 11:15am – 12pm	Cardio Play (AR & MP) 10:30am – 11:15am Cardio Play (AR & MP) 11:15am – 12pm
Lunchtime	Cardio Play (MP) 12:15pm – 1pm Cardio Play (MP) 1pm – 1:45pm	Cardio Play (MP) 12:15pm – 1pm Cardio Play (MP) 1pm – 1:45pm	Cardio Play (MP) 12:15pm – 1pm Cardio Play (AR) 12:30pm – 1:15pm Cardio Play (MP) 1pm – 1:45pm	Cardio Play (MP) 12:15pm – 1pm Cardio Play (MP) 1pm – 1:45pm	Cardio Play (MP) 12:15pm – 1pm Cardio Play (AR) 12:30pm – 1:15pm Cardio Play (MP) 1pm – 1:45pm Cardio Play (AR) 1:15pm – 2pm	Cardio Play (AR) 12:00pm – 12:45pm Cardio Play (AR) 12:45pm – 1:30pm Men’s Pennant (April – Sept) (AR & MP) 1pm – 5pm Senior Bayside (October – March) 1pm – 5pm (AR & MP)	Cardio Play (AR) 12:00pm – 12:45pm Men’s Pennant (April – Sept) (AR & MP) 1pm – 5pm
Evening	Cardio Play (AR & MP) 5:45pm – 6:30pm	Cardio Play (AR & MP) 5:45pm – 6:30pm	Cardio Play (AR & MP) 5:45pm – 6:30pm	Cardio Play (AR & MP) 5:45pm – 6:30pm	Site locations: (AR) – Albert Reserve (MP) – Melbourne Park Cardio Play Cardio Play provides a unique balance of fitness, drills and point play. Sessions run for 45 minutes. Cardio Activ8: Cardio Activ8 focuses on agility and fitness and is a great place for beginner to intermediate players to start. Ladies Tennis Mornings Sessions are available to women of all ages and standards. The two-hour session includes 90 minutes of coaching and 30 minutes of match-play. Social Leagues Social leagues allow players to compete in a social and friendly environment. 2 player teams in single & doubles format. Leagues run for approx. 1.5 to 2 hours. Social C League: Beginner Social B League: Beginner/Intermediate Social A2 League: Intermediate Social A League: Intermediate / Advanced Social Premier League Advanced Email TWLeagues@tennis.com.au to book in a grading session or if you would like to fill in one of our Social Leagues.		
	Social B League Fast4 (AR) 6:15pm – 8pm Social A League (MP) 6:30pm – 8pm Social A2 League (MP) 6:30pm – 8pm Social Premier League (MP) 6:15pm – 8pm	Social B League (AR) 6:15pm – 8pm Social B League (AR) 6:30pm – 8pm Social A League (MP) 6:30pm – 8pm Social A2 League (MP) 6:30pm – 8pm Social C League (MP) 6:30pm – 8pm	Social A League (AR) 6:15pm – 8pm Social Premier League (MP) 6:30pm – 8pm Social A League (MP) 6:30pm – 8pm Social A2 League (MP) 6:30pm – 8pm Social B League (MP) 6:30pm – 8pm Social B League (MP) 6:30pm – 8pm	Social B League (AR) 6:15pm – 8pm Social A League (MP) 6:30pm – 8pm Social A2 League (MP) 6:30pm – 8pm Social B League (MP) 6:15pm – 8pm Social C League (MP) 6:30pm – 8pm	Cardio Play (AR & MP) 6:30pm – 7:15pm Cardio Activ8 (MP) 6:30pm – 7:15pm	Cardio Play (AR & MP) 6:30pm – 7:15pm Cardio Activ8 (MP) 6:30pm – 7:15pm	Cardio Play (AR & MP) 6:30pm – 7:15pm Cardio Activ8 (MP) 6:30pm – 7:15pm
	Cardio Play (AR & MP) 7:15pm – 8pm Social PL League (AR) 8pm – 10:30pm	Cardio Play (AR & MP) 7:15pm – 8pm Cardio Activ8 (MP) 7:15pm – 8pm Social PL League (AR) 8pm – 10:30pm Social C League (AR) 8pm – 10:30pm Social League A League (MP) 8:15pm – 10:15pm Social League A2 League (MP) 8:15pm – 8pm	Cardio Play (AR & MP) 7:15pm – 8pm Social A League (AR) 8pm – 10:30pm Social A League (MP) 8:15pm – 10:15pm Social Premier League (MP) 8:15pm – 10:15pm	Cardio Play (AR & MP) 7:15pm – 8pm Social Premier League (AR) 8pm – 10:30pm			

Please note classes and Social Leagues are subject to change and times might vary.