

# Tennis World Millwood Program Timetable Term 4 2018



**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				<b>HS Red Stage</b> 8.30am-9am <b>HS Blue Stage</b> 8.30am-9am
							<b>HS Orange Stage/</b> <b>HS Green Stage</b> 9am – 10am
Evening	Private Lessons	<b>HS Red Stage</b> 4:00pm-4:30pm		<b>HS Blue Stage</b> 3:30pm-4:00pm  <b>HS Red Stage</b> 4:00pm-4:30pm			
	<b>Junior Development Squad</b> 4:30pm-6:00pm	<b>HS Orange Stage</b> 4:30pm-5:30pm  <b>HS Green Stage</b> 4.30pm – 5.30pm  Private Lessons	Private Lessons  <b>Fit Bit Cardio Tennis</b> 6.15pm – 7pm	<b>HS Orange Stage</b> 4:30pm-5:30pm  Private Lessons  <b>Junior Development Group</b> 4.30pm-6:00pm	Private Lessons		
	<b>Adult Group</b> 6:00pm-7:00pm  Private Lessons		<b>Social Leagues</b> 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)