

2019 Competition Timetable (Canberra Tennis World)							
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
4:30pm						JL.1	
5:00pm					JMP.1		
6pm							
7pm	CANPEN		ADL.1		ASL.1		
8pm							

KEY	
CANPEN	Canberra TW Pennant Competition
ASL.1	Adult Singles League
ADL.1	Adult Doubles League
JMP.1	Junior Match Play
JL.1	Junior League

2019 Program Timetable (Canberra Tennis World)						
	Mon	Tues	Wed	Thurs	Fri	Sat
6am			Cardio Activ8 (45m)		Cardio Activ8 (45m)	
8am						Blue Ball (30m) Red Ball (30m) Orange Ball (60m) Green Ball (60m)
9am						Blue Ball (30m) Red Ball (30m) Orange Ball (60m) Green Ball (60m)
10am						Orange Ball (60m) Green Ball (60m)
12pm				Cardio Play (45m)		
3pm		Blue Ball (30m)		Blue Ball (30m)		
4pm	Red Ball (30m) Orange Ball (60m) Green Ball (60m)	Red Ball (30m) Orange Ball (60m) Green Ball (60m) Grn Pfmce (60)	Red Ball (30m) Orange Ball (60m) Green Ball (60m)	Red Ball (30m) Orange Ball (60m) Green Ball (60m) Grn Pfmce (60m)	Red Ball (30m) Orange Ball (60m) Green Ball (60m) Jnr Coaching (90m)	
5pm	Orange Ball (60m) Green Ball (60m)	Orange Ball (60m) Green Ball (60m) Jnr Dev Squad (90m)	Orange Ball (60m) Green Ball (60m) Jnr Coaching (90m)	Orange Ball (60m) Green Ball (60m) Jnr Dev Squad (90m)	JUNIOR COMPETITION	JUNIOR COMPETITION
6pm	Adult Beg. Lesson (60m)	Cardio Activ8 (45m)	Adult Int. Lesson (60m)	Cardio Activ8 (45m)	ADULT SOCIAL COMPETITION	
7pm	Cardio Play (45m)	Cardio Play (45m)	ADULT SOCIAL COMPETITION	Cardio Play (45m)		
8pm						