

MILLSWOOD TENNIS WORLD

PROGRAM TIMETABLE - TERM 1



CARDIO TENNIS:

Included for silver and gold members.

\$20 casual rates.

Classes run for 45 minutes

bookings.tennisworld.net.au

ANZ TENNIS HOT SHOTS:

A program designed to help every child, no matter their age or ability, jump in and start playing tennis.

<https://hotshots.tennis.com.au/>

TENNIS WORLD SOCIAL LEAGUES:

An opportunity Tennis World members and non-members to challenge themselves in a relaxed competition environment.

<http://bit.ly/socialcomps19>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							HS Red Stage 8.30am-9am HS Blue Stage 8.30am-9am
							Private Lessons
	Ladies Social Tennis 9.30am		Ladies Social Tennis 9.30am				
Evening				HS Blue Stage 3:30pm-4:00pm			
	Private Lessons	HS Red Stage 4:00pm-4:30pm	Private Lessons	HS Red Stage 4:00pm-4:30pm Private Lessons	Private Lessons		
	Junior Dev Group 4:30pm-6:00pm	HS Orange Stage 4:30pm-5:30pm		HS Orange Stage 4:30pm-5:30pm Junior Dev 4.30pm-6:00pm			
	Adult Group 6:00pm-7:00pm	HS Green Stage 5pm – 6pm	Fit Bit Cardio Tennis 6pm – 6.45pm	Adult Group 5:00pm-6:00pm			
	Private Lessons	Private Lessons	Social Leagues 7:00pm – 10:00pm	Private Lessons			