

# Sydney Olympic Park Timetable



Mon	Tue	Wed	Thu	Fri	Sat	Sun
7:15pm Activ8 Coach Dave	6:15pm Play Coach Darren	12:15pm Activ8 Coach Sam	6:15pm Active8 Coach Gonzalo	12:15pm Play Coach Sam	9:15am Activ8 Coach Jose	
	6:45pm Activ8 Coach Dave	7:15pm Activ8 Coach Andrew	8:30pm Play Coach Darren			

Please Note: Class Times are subject to change & availability. These classes should be used as a guide only.

## ACTIV8 CARDIO

The traditional Cardio Tennis class. Suitable for everyone and designed specifically to improve fitness levels. Activities will cater to all levels with drills and stations set up to involve everyone. With a maximum of 8 players on court, this session combines drills and directs play to hit as many balls as possible and work up a good sweat.

## CARDIO PLAY

Cardio Play differs from other Cardio Tennis sessions. While Activ8 sessions focus on an all-body workout, Play concentrates on more advanced tennis drills. Designed for tennis players intermediate and above, this session includes high-intensity drills as well as singles and doubles match play scenarios.