

Melbourne Park Programs Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Cardio Play 6.30am – 7.15am 7.15am – 8.00am	Cardio Play 6.30am – 7.15am 7.15am – 8.00am	Cardio Play 6.30am – 7.15am 7.15am – 8.00am	Cardio Play 6.30am – 7.15am 7.15am – 8.00am	Cardio Play 6.30am – 7.15am 7.15am – 8.00am	Hot Shots Blue 8.30am – 9.00am 9.00am – 9.30am Hot Shots Red 8.30am – 9.00am 9.00am – 9.30am Hot Shots Orange 9.30am – 10.30am Hot Shots Green 10.30am – 11.30am	Hot Shots Red 9.00am – 9.30am Hot Shots Orange 9.30am – 10.30am Hot Shots Green 9.30am – 10.30am
	Ladies Tennis Mornings 9.30am – 11.30am		Ladies Tennis Mornings 9.30am – 11.30am		Ladies Tennis Mornings 9.30am – 11.30am	Performance 12s 9.00am – 10.30am Performance Squad 10.30am – 12.30pm	
Mid-day	Cardio Play 11.30am – 12.15pm 12.15pm – 1.00pm 1.00pm – 1.45pm	Cardio Play 11.30am – 12.15pm 12.15pm – 1.00pm 1.00pm – 1.45pm	Cardio Play 11.30am – 12.15pm 12.15pm – 1.00pm 1.00pm – 1.45pm	Cardio Play 11.30am – 12.15pm 12.15pm – 1.00pm 1.00pm – 1.45pm	Cardio Play 11.30am – 12.15pm 12.15pm – 1.00pm 1.00pm – 1.45pm	Cardio Play 10:30am – 11.15pm 11:15pm – 12.00pm 12:00pm – 12.45pm	Cardio Play 10:30am – 11.15pm 11:15pm – 12.00pm 12:00pm – 12.45pm
Evening	Junior Development Squad 5.00pm – 6.30pm Performance Squad 4.30pm – 6.30pm	Hot Shots Blue 4.00pm – 4.30pm Hot Shots Red 4.30pm – 5.00pm Hot Shots Orange 5.00pm – 6.00pm Hot Shots Green 5.00pm – 6.00pm Junior group 5.30pm – 6.30pm Performance 12s 4.30pm – 6.00pm Performance Squad 4.30pm – 6.30pm Performance 10s 5.00pm – 6.30pm	Hot Shots Orange 4.30pm – 5.30pm Hot Shots Green 4.30pm – 5.30pm Junior group 5.30pm – 6.30pm Performance 12s 4.30pm – 6.30pm Performance Squad 6.30pm – 8.30pm	Hot Shots Green 4.30pm – 5.30pm Performance Squad 5.30pm – 7.30pm Performance 12s 6.30pm – 8.00pm	Junior group 5.30pm – 6.30pm UTR – Adult Match Play 6.00pm (Singles)	UTR – Adult Match Play 2.00pm (Singles/Doubles) 3.30pm (Singles)	
						UTR – Adult Match Play 6.00pm (Singles)	
	Cardio Play 6.30pm-7.15pm 7.15pm-8pm	Cardio Play 6.30pm-7.15pm 7.15pm-8pm	Cardio Play 6.30pm-7.15pm 7.15pm-8pm	Cardio Play 6.30pm-7.15pm 7.15pm-8pm	Cardio Play 6.30pm-7.15pm 7.15pm-8pm		
	Adult Coaching 6.30pm – 7.30pm (Beginner) 6.30pm – 7.30pm 7.30pm – 8.30pm (Intermediate) 6.30pm – 7.30pm (Advanced)	Adult Coaching 6.30pm – 7.30pm 7.30pm – 8.30pm (Beginner) 6.30pm – 7.30pm 7.30pm – 8.30pm (Intermediate) 6.30pm – 7.30pm (Advanced)	Adult Coaching 6.30pm – 7.30pm (Intermediate)	Adult Coaching 6.30pm – 7.30pm (Intermediate)			
		Adult Coaching Clinic (Entry Level) 6.00pm – 7.30pm					
	UTR – Adult Match Play 6.00pm (Singles/Doubles) 7.30pm (Singles)	UTR – Adult Match Play 6.00pm (Singles/Doubles) 7.30pm (Singles)	UTR – Adult Match Play 6.00pm (Singles/Doubles) 7.30pm (Singles)	UTR – Adult Match Play 6.00pm (Singles/Doubles) 7.30pm (Singles)			

For all coaching enquiries please contact twcoaching@tennis.com.au or call 1300 TENNIS
Please Note: Classes are subject to change and class times might vary.

Albert Reserve Programs Timetable

Please Note: Classes are subject to change and class times might vary

For all coaching enquiries please contact ARcoaching@tennis.com.au or call 1300 TENNIS (836 647)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning						<p>Hot Shots Red 9.00am – 9.30am</p> <p>Hot Shots Orange 9.30am a 10.30am</p> <p>Hot Shots Green 10.30am – 11.30am</p>	
		<p>Ladies Tennis Mornings 9.30am – 11.30am</p>					<p>Ladies Pennant (April – Sept) 8.45am – 1.00pm</p> <p>Junior Bayside (Feb- Nov) 8.30am – 12.00pm</p>
Mid-day			<p>Cardio Play 12.30pm – 1.15pm 1.15pm – 2.00pm</p>	<p>Cardio Play 12.30pm – 1.15pm 1.15pm – 2.00pm</p>	<p>Cardio Play 12.30pm – 1.15pm 1.15pm – 2.00pm</p>	<p>Cardio Play 10.45am – 11.30am 1.30pm – 12.15pm 12.15pm – 1pm</p>	<p>Cardio Play 10:30am – 11.15pm 11:15pm – 12.00pm 12:00pm – 12.45pm</p>
						<p>Men's Pennant (April – Sept) 1.00pm – 5.00pm</p> <p>Senior Bayside (October – March) 1.00pm – 5.00pm</p>	
Evening	<p>Hot Shots Green 4.00pm – 5.00pm</p>		<p>Hot Shots Red 4.15pm – 4.45pm</p> <p>Hot Shots Green 4.45pm – 5.45pm</p> <p>Junior Development Squad 4.45pm – 5.45pm</p>	<p>Junior Development Squad 4.00pm – 5.00pm</p>	<p>Hot Shots Red 4.30pm – 5.00pm</p> <p>Hot Shots Orange 5.00pm – 6.00pm</p>		
	<p>Cardio Play 5.45pm-6.30pm 6.30pm-7.15pm 7.15pm-8pm</p>	<p>Cardio Play 5.45pm-6.30pm 6.30pm-7.15pm 7.15pm-8pm</p>	<p>Cardio Play 5.45pm-6.30pm 6.30pm-7.15pm 7.15pm-8pm</p>	<p>Cardio Play 5.45pm-6.30pm 6.30pm-7.15pm 7.15pm-8pm</p>			
	<p>Adult Coaching 6.00pm – 7.00pm (Advanced)</p>		<p>Adult Coaching 6.00pm – 7.00pm (Beginner)</p> <p>6.00pm – 7.00pm (Intermediate)</p> <p>7.00pm – 8.00pm (Intermediate)</p>	<p>Adult Coaching 6.00pm – 7.00pm (Intermediate)</p> <p>7.00pm – 8.00pm (Intermediate)</p>			
	<p>Adult Coaching Clinic (Entry Level) 6.00pm – 7.30pm</p>						
	<p>UTR – Adult Match Play 6.00pm (Singles/Doubles) 7.30pm (Singles)</p>	<p>UTR – Adult Match Play 6.00pm (Singles/Doubles) 7.30pm (Singles)</p>	<p>UTR – Adult Match Play 6.00pm (Singles/Doubles) 7.30pm (Singles)</p>	<p>UTR – Adult Match Play 6.00pm (Singles/Doubles) 7.30pm (Singles)</p>			