

Adult Timetable

Day	7.00	7.30	8.00	8.30	9.00	9.30	10.00	10.30	11.00	11.30	12.00	12.30	1.00	2.00	2.30	3.00	3.30	4.00	4.30	5.00	5.30	6.00	6.30	7.00	7.30	8.00	8.30																		
Monday																																													
Tuesday																																													
Wednesday																																													
Thursday																																													
Friday																																													
Saturday																																													
Sunday																																													

Tennis Boot Camp

Wednesday night drills

Midweek Tennis

Offence/ DefenceTournament (last Thurs. of each month)

Easi Tennis

Fix that Shot (see description for dates of each shot)

Midday Madness

Friday Night Fixtures- Singles League

Train like the pro's

Back 2 Basics