



Senior Coaching Winter Term Schedule

Session	Monday	Wednesday	Thursday	Friday	Saturday
Men's Drills	6.30pm – 7.30pm				
Cardio Tennis		9am – 10am 7pm – 8pm	9.00am – 10.30am 10.30am – 12pm 12pm – 1pm	9am – 10am 10am – 11am 11am – 12pm 6.30pm – 7.30pm	9am – 10am 10am – 11am 11am – 12pm
Mixed Drills		8pm – 9pm			
Class 7 / NL Clinic		7pm – 8pm			
Class 5/6 Men's Clinic			6.30pm – 8pm		
Class 5/6 Ladies Clinic			8pm – 9.30pm		
Class 3/4 Ladies Clinic					10am -11.30am
Beginner/Improver Group Coaching		10am – 11am	7pm – 8pm	5.30pm – 6.30pm	11am – 12pm
Intermediate Group Coaching					10am – 11am
Tennis Movement & Footwork Advanced		7pm – 8pm			