



2025 SPRING ADULT & JUNIOR GROUP COACHING SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 – 9am Basic Skills	8 – 9am Adult Level 2	7.30 - 8.30am Wednesday Doubles Training	8 – 9am Adult Level 3	8am – 9am Adult Level 5	8.15 - 9am Tots	8.15 - 9am Tots
	9 - 10am Adult Level 1			9.30 - 10.30am Adult Level 3	9 - 10am Mini Red, Red, Orange	9 - 10am Orange, Red/Orange Matchplay
	10 - 12pm Club Morning				10 - 11am Mini Red, Red, Green	10 - 11am Yellow Bronze
		11 - 12pm Adult Level 2		11 - 11.30am Pre-Tots	11 - 12pm Yellow Bronze	11 - 12pm Adult Level 1
					12 - 1pm Yellow Silver	12 - 1pm Cardio Drills 12 – 12.30pm Pre-Tots
	1 – 2pm Off Peak Team Training			1 – 1.45pm Tots	1 - 2.30pm Yellow Gold	1 – 2pm Yellow Bronze
			2 - 3pm Adult Level 2			2 - 3pm Yellow Teens
4 - 5pm Mini Red, Red	4 - 5pm Tots, Mini Red, Red	4 - 5pm Tots, Mini Red, Red	4 - 5pm Tots, Mini Red, Red, Red Team	4 - 5pm Mini Red		4 - 5pm Yellow Bronze
5 - 6pm Red, Orange, Green, Red Team	5 - 6pm Orange, Orange Team, Green Team	5 - 6pm Orange, Green, Green Team	5 - 6pm Orange Team, Green Team, Yellow Silver	5 - 6pm Orange, Yellow Gold		
6 - 7pm Yellow Bronze	6 - 7pm Yellow Silver		6 - 7pm Adult Level 2	6 - 7pm Adult Level 1		
7 - 8pm Adult Level 2	7 - 8pm Cardio Drills		7 - 8pm Adult Level 3	7 - 8pm Basic Skills		
8 - 9pm Adult Level 3	8 - 9pm Basic Skills		8 - 9pm Adult Level 4			