



ADULT AND JUNIOR GROUP COACHING TIMETABLE SUMMER 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		7.30-8.30am Team Development			8.15-9am Tots	
	9-10am Basic Skills				9-10am Red, Orange	9-10am Red, Red/Orange Matchplay
9.30-10.30am Adult level 1						
	10-12pm Adult Mix-In				10-11am Red, Green	10-11am Yellow
		11-12pm Adult Level 3			11-12pm Yellow	11-12pm Adult Level 2
					12-1pm Yellow	12-1pm Cardio Drills
1-2pm Singles Ladder Training				1-2pm Cardio Drills	1-2.30pm Yellow	1-2pm Green/Yellow Matchplay
			2-3pm Adult Level 2		2.30-3.30pm Adult Level 2	2-3pm Teenage Class
4-5pm Reds, Red Team	4-5pm Tots, Reds	4-5pm Tots, Red	4-5pm Tots, Red	4-5pm Red, Red Team		
5-6pm Reds, Orange	5-6pm Orange, Green Team	5-6pm Orange, Green Team, Yellow	5-6pm Orange, Green, Yellow	5-6pm Orange Team, Green		
6-7pm Green, Yellow	6-7pm Yellow	6pm Club night		6-7pm Adult Level 1		
7-8.30pm Ladies Team Training	7-8pm Cardio Drills			7-8pm Basic Skills		
	8-9pm Basic Skills		8-9pm Adult Level 3			

