QTC Coaching Schedule - Term 4 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hot Shots Blue	Hot Shots Red	Wednesday Ladies	Hot Shots Blue	Adult Intermediate	Hot Shots Blue	Social Tennis
3:30 – 4:00pm	4:00 – 4:45pm	Fixtures	3:30 – 4:00pm	9:00 – 10:00am	9:15 – 9:45am	4:00 – 7:00pm
		9:00 – 11:30am			10:00 – 10:30am	
Hot Shots Red	Hot Shots Red Graduate		Hot Shots Red	Orange Ball Fixtures	10:30 – 11:00am	
1:00 – 4:45pm	Squad	Hot Shots Red	4:00 – 4:45pm	3:45 – 5:30pm		
Jot Chata Oranga	4:00 – 4:45pm	4:00 – 4:45pm	Hot Shote Overes	Green Ball Fixtures	Hot Shots Red	
Hot Shots Orange	Hot Shots Orongo	Hot Shots Bod Craduate	Hot Shots Orange		7:45 – 8:30am	
1:00 – 4:45pm	Hot Shots Orange	Hot Shots Red Graduate	4:00 – 4:45pm	4:00 – 5:30pm	8:30 – 9:15am	
4:45 – 5:30pm	4:00 – 4:45pm	Squau	Orange Performance	Yellow Ball Fixtures	9:15 – 10:00am	
Orange Performance	Green Performance	4:00 – 4:45pm	4:00 – 5:30pm	4:00 – 5:30pm	10:00 – 10:45am	
4:00 – 5:30pm	4:00 – 5:30pm	Hot Shots Orange		-1100 3130pm		
		4:45 – 5:30pm	Green Performance	QTC UTR Premier	Hot Shots Red Graduate	
Hot Shots Green	Hot Shots Green	1. 13 3.30pm	4:00 – 5:30pm	League Fixtures	Squad	
4:45 – 5:30pm	4:45 – 5:30pm	Hot Shots Green		5:30 – 8:00pm	9:15 – 10:00am	
		4:45 – 5:30pm	Hot Shots Green			
Teen Tennis	Transition Squad		4:45 – 5:30pm		Hot Shots Orange	
5:30 – 6:30pm	5:00 - 6:30pm	Development Squad	Toon Tonnie		7:45 – 8:30am	
Davidania ant Carred	Toon Tonnis	5:30 – 7:00pm	Teen Tennis		8:30 – 9:15am	
Development Squad	Teen Tennis	Cials Come Bouferman	5:30 – 6:30pm		9:15 – 10:00am	
5:30 – 7:00pm	5:30 - 6:30pm	Girls Super Performance	Development Squad		10:00 – 10:45am	
Development Squad	Development Squad	Squad	Performance Tier 1		10:45 – 11:30am	
Performance Tier 2	Performance Tier 1	5:30 – 7:30pm	5:30 – 7:30pm			
5:30 – 7:30pm	5:30 – 7:30pm	Adult Novice	3.30 7.30pm		Hot Shots Green	
3.30 7.30pm	3.30 7.30pm	7:00 – 8:00pm	Development Squad		8:30 – 9:15am	
Adult Novice	Social Tennis	7.00 0.00pm	Performance Tier 2		9:15 – 10:00am	
7:00 – 8:00pm	7:00 – 10:00pm	Adult Intermediate	5:30 – 7:30pm		10:45 – 11:30am	
		7:00 – 8:00pm			Teen Tennis	
Adult Advanced	Adult Intermediate	8:00 – 9:00pm	Adult Novice		10:00 – 11:00am	
7:30 – 9:00pm	7:00 – 8:00pm		7:30 – 8:30pm		11:00 – 12:00pm	
Adult Intorne diete	Adult Novice	Adult Advanced	Adult Intorne diete		11:00 – 12:00pm	
Adult Intermediate	Adult Novice	7:30 – 9:00pm	Adult Intermediate		11.13 – 12.13pm	
8:00 – 9:00pm	7:30 – 8:30pm	Wednesda O	7:30 – 8:30pm		Adult Intermediate	
	Cardio Tennis	Wednesday Open	Thursday Singles		8:00 – 9:00am	
	7:30 – 8:30pm	Fixtures	Fixtures			
	γ.30 δ.30μπ	7:30 – 10:00pm	7:30 – 10:00pm		Super League	
			7.50 ±0.00pm		1:30 – 5:30pm	