## **QTC Coaching Schedule - Term 4 2022**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturda
Hot Shots Blue	Hot Shots Red	Wednesday Ladies	Hot Shots Blue	Adult Intermediate	Hot Shots I
3:30 – 4:00pm	4:00 – 4:45pm	Fixtures	3:30 – 4:00pm	9:00 – 10:00am	9:15 – 9:45
		9:00 – 11:30am			10:00 - 10:
Hot Shots Red	Hot Shots Red Graduate		Hot Shots Red	Orange Ball Fixtures	10:30 - 11:
4:00 – 4:45pm	Squad	Hot Shots Red	4:00 – 4:45pm	3:45 – 5:30pm	
Hot Shots Orange	4:00 – 4:45pm	4:00 – 4:45pm	Hot Shots Orange	Green Ball Fixtures	Hot Shots I
4:00 – 4:45pm	Hot Shots Orange	Hot Shots Red Graduate	4:00 – 4:45pm	4:00 – 5:30pm	7:45 – 8:30
4:45 – 5:30pm	4:00 – 4:45pm	Squad	4.00 – 4.43pm	4.00 – 5.30pm	8:30 - 9:15
4.45 – 5.50pm	4.00 – 4.45pm	4:00 – 4:45pm	Orange Performance	Yellow Ball Fixtures	9:15 - 10:0
Orange Performance	Green Performance	4.00 – 4.45pm	4:00 – 5:30pm	4:00 – 5:30pm	10:00 - 10:
4:00 – 5:30pm	4:00 – 5:30pm	Hot Shots Orange			
		4:45 – 5:30pm	Green Performance	QTC UTR Premier	Hot Shots I
Hot Shots Green	Hot Shots Green		4:00 – 5:30pm	League Fixtures	Squad
4:45 – 5:30pm	4:45 – 5:30pm	Hot Shots Green		5:30 – 8:00pm	9:15 - 10:0
		4:45 – 5:30pm	Hot Shots Green		
Teen Tennis	Transition Squad		4:45 – 5:30pm		Hot Shots (
5:30 – 6:30pm	5:00 - 6:30pm	Development Squad	Teen Tennis		7:45 - 8:30
Development Squad	Teen Tennis	5:30 – 7:00pm	5:30 – 6:30pm		8:30 - 9:15
5:30 – 7:00pm	5:30 - 6:30pm	Girls Super Performance			9:15 - 10:0
5.50 – 7.00pm	5.50 - 0.50pm	Squad	<b>Development Squad</b>		10:00 - 10:
<b>Development Squad</b>	<b>Development Squad</b>	5:30 – 7:30pm	Performance Tier 1		10:45 - 11:
Performance Tier 2	Performance Tier 1	5.50 – 7.50pm	5:30 – 7:30pm		Hot Shots
5:30 – 7:30pm	5:30 – 7:30pm	Adult Novice			8:30 - 9:15
·		7:00 – 8:00pm	Development Squad		
Adult Novice	Social Tennis		Performance Tier 2		9:15 - 10:0
7:00 – 8:00pm	7:00 – 10:00pm	Adult Intermediate	5:30 – 7:30pm		10.45 - 11.
		7:00 – 8:00pm	A duit Martine		Teen Tenn
Adult Advanced	Adult Intermediate	8:00 – 9:00pm	Adult Novice		10:00 - 11:
7:30 – 9:00pm	7:00 – 8:00pm		7:30 – 8:30pm		11:00 - 12:
Adult Intermediate	Adult Novice	Adult Advanced	Adult Intermediate		11:15 – 12:
8:00 – 9:00pm	7:30 – 8:30pm	7:30 – 9:00pm	7:30 – 8:30pm		
		Wednesday Open			Adult Inter
	Cardio Tennis	Fixtures	Thursday Singles		8:00 – 9:00
	7:30 – 8:30pm	7:30 – 10:00pm	Fixtures		
		10.00pm	7:30 – 10:00pm		Super Leag
					1:30 - 5:30

ay	Sunday
Blue	Social Tennis
5am	4:00 – 7:00pm
D:30am	
1:00am	
Red	
0am	
.5am	
:00am	
D:45am	
Pod Graduato	
Red Graduate	
:00am	
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Orange	
0am	
.5am	
:00am	
D:45am	
1:30am	
Green	
.5am	
:00am	
1:30am	
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1:00am	
2:00pm	
2:15pm	
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